

22-Week Half Marathon Walking Training Plan

Created by Walking Coach Michele Stanten

Congratulations on accepting the challenge to walk a half marathon! You are in for an amazing experience!

This plan is right for you if you're just getting started and haven't been walking or exercising regularly in the last three months. Your training will gradually build up, peaking two weeks before race day. Then your training will taper so you're fresh and ready to go on race day!

Consistency is key when training for a half marathon. The closer you adhere to the training schedule, the better you'll feel and the more fun you'll have on race day! You'll also be likely to cross the finish line more quickly!

Here are the types of walks you'll be doing:

(Begin all your walks at a slightly slower pace for 3 to 5 minutes, gradually building up, to warm up. Slow your pace for a few minutes at the end to cool down.)

- **Walk (light blue) to build a walking habit:** Your goal is to simply start walking—almost every day! You'll begin with just 10 minutes, and then you'll gradually increase the length of your walks. Walk at a moderate, purposeful pace, as if you have some place to be—no window-shopping strolling. *(Start at a slower pace for a minute or two to warm up. Do the same if needed to cool down at the end.)*
- **Brisk Walk (blue) to improve your fitness:** Walk as if you're in a bit of a hurry. The effort should be somewhat hard so that it's a little difficult to speak in complete sentences, but you can still talk. Never push yourself to the point that you cannot speak.
- **Long Walk (red) to build your endurance:** For these walks, go a little slower at a moderate, purposeful pace. While you should feel some effort, you should be able to easily carry on a conversation, speaking in full sentences. The goal is endurance, not speed. *Times noted for Long Walks are just estimates to help with scheduling your walks. They are based*

on a 15- to 20-minute mile pace. You can do **Long Walks** any day of the week to accommodate your schedule—just make sure you do a **Recovery Walk** (see below) the next day.

There are also **Long Walk Breaks** (shorter mileage days) that provide an opportunity for flexibility. You can switch the week that you do these if needed. For example, if you're on vacation September 19th when you're supposed to do an 8-miler, you can wait to do it the following week (September 26th) instead of the recommended 4-miler that day. Ideally, you'll do the 4-miler on September 19th in place of the 8 miles instead of just skipping a **Long Walk** while you're on vacation.

- **Recovery Walk (green) to ease stiffness and soreness from Long Walks:** Walk at an easy, window-shopping pace. The effort should be light enough that you could sing while you walk. These walks should *always* follow a **Long Walk** day.
- **Interval Walk (purple) to increase your speed & stamina:** After you warm up by walking at an easy to moderate pace for 3 to 5 minutes, you'll alternate short bouts of faster walking with slightly longer intervals of brisk walking for the duration of your workout. (Never push yourself to the point that you cannot speak during the fast intervals.) Then, cool down by walking at an easy pace for about 3 minutes. The interval lengths are noted on the training schedule and change every few weeks.

You'll round out your plan with some **Cross Training**. By doing an alternate activity (swimming, cycling, yoga, strength training, etc.) you'll avoid burn out and boredom, and you'll work different muscles to reduce your risk of injury or overtraining.

A **Rest** day is also built into the schedule. For training questions, contact Coach Michele at michele@mywalkingcoach.com

***“One important key to success is self-confidence. An important key to self-confidence is preparation.”
—Arthur Robert Ashe***

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Feel free to adjust the days of the week that you do a particular walk to fit your schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1: June 15-21	Walk 10 min	Walk 10 min	Rest	Walk 10 min	Walk 10 min	Walk 15 min	Walk 5 min
Week 2: June 22-28	Walk 15 min	Walk 15 min	Rest	Walk 15 min	Walk 15 min	Walk 20 min	Walk 10 min
Week 3: June 29-July 5	Walk 20 min	Walk 20 min	Rest	Walk 15 min	Walk 20 min	Walk 25 min	Walk 15 min
Week 4: July 6-12	Walk 25 min	Walk 25 min	Rest	Walk 20 min	Walk 25 min	Walk 30 min	Walk 15 min
Week 5: July 13-19	Brisk Walk 20 min	Cross train 20-30 min	Rest	Brisk Walk 20 min	Brisk Walk 20 min	Long Walk 2 miles (30-60 min)	Recovery walk 15 min
Week 6: July 20-26	Brisk Walk 30 min	Cross train 20-30 min	Rest	Brisk Walk 20 min	Brisk Walk 30 min	Long Walk 2.5 miles (38-75 min)	Recovery walk 15 min
Week 7: July 27-Aug 2	Brisk Walk 30 min	Cross train 20-30 min	Rest	Brisk Walk 30 min	Brisk Walk 30 min	Long Walk 3 miles (45-90 min)	Recovery walk 15 min

Week 8: Aug 3-9	Brisk Walk 30 min	Cross train 20-30 min	Rest	Brisk Walk 30 min	Brisk Walk 30 min	Long Walk 4 miles (60-80 min)	Recovery walk 15 min
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Week 9: Aug 10-16	Brisk Walk 30 min	Cross train 20-30 min	Rest	Interval Walk (30 sec: 2 min) 30 min	Brisk Walk 30 min	Long Walk 5 miles (75-100 min)	Recovery walk 15 min
Week 10: Aug 17-23	Brisk Walk 30 min	Cross train 20-30 min	Rest	Interval Walk (30 sec: 2 min) 30 min	Brisk Walk 30 min	Long Walk 6 miles (90-120 min)	Recovery walk 15 min
Week 11: Aug 24-30	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (30 sec: 2 min) 30 min	Brisk Walk 30 min	Long Walk Break 3 miles (45-60 min)	Recovery walk 15 min
Week 12: Aug 31-Sep 6	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (30 sec: 2 min) 30 min	Brisk Walk 30 min	Long Walk 7 miles (105-140 min)	Recovery walk 15 min
Week 13: Sep 7-13	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (30 sec: 2 min) 30 min	Brisk Walk 45 min	Long Walk Break 3 miles (45-60 min)	Recovery walk 15 min

Week 14: Sept 14-20	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (30 sec: 2 min) 30 min	Brisk Walk 30 min	Long Walk 8 miles (120-160 min)	Recovery walk 15 min
Week 15: Sept 21-27	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (1 min: 2 min) 30 min	Brisk Walk 45 min	Long Walk Break 4 miles (60-80 min)	Recovery walk 20 min
Week 16: Sept 28-Oct 4	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (1 min: 2 min) 30 min	Brisk Walk 30 min	Long Walk 9 miles (135-180 min)	Recovery walk 20 min

Week 17: Oct 5-11	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (1 min: 2 min) 30 min	Brisk Walk 45 min	Long Walk Break 4 miles (60-80 min)	Recovery walk 20 min
Week 18: Oct 12-18	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (1 min: 2 min) 30 min	Brisk Walk 30 min	Long Walk 10 miles (150-200 min)	Recovery walk 20 min
Week 19: Oct 19-25	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (1 min: 1 min) 30 min	Brisk Walk 45 min	Long Walk Break 5 miles (75-100 min)	Recovery walk 20 min

Week 20: Oct 26-Nov 1	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval Walk (1 min: 1 min) 30 min	Brisk Walk 30 min	Long Walk 11 miles (165-220 min)	Recovery walk 20 min
Week 21: Nov 2-8	Brisk Walk 30 min	Cross train 20-30 min	Rest	Interval Walk (1 min: 1 min) 30 min	Brisk Walk 30 min	Long Walk Taper 6 miles (90-120 min)	Recovery walk 20 min
Week 22: Nov 9-15	Brisk Walk 30 min	Cross train 20-30 min	Rest	Recovery walk 20 min	Rest	Recovery walk 20 min	RACEDAY!!!