



Half Marathon Training for Advanced Walkers

Week	Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	8/2 - 8/8	2	3	off	2	off	4	off
2	8/9 - 8/15	3	3	off	3	off	4	off
3	8/16 - 8/22	3	3	off	3	off	5	off
4	8/23 - 8/29	3	3	off	3	off	6	off
5	8/30 - 9/5	3	4	off	3	off	6	off
6	9/6 - 9/12	3	4	off	3	off	7	off
7	9/13 - 9/19	3	4	off	3	off	8	off
8	9/20 - 9/26	3	4	off	4	off	10	off
9	9/27 - 10/3	3	3	off	2	off	14	off
10	10/4 - 10/10	3	3	off	3	off	8	off
11	10/11 - 10/17	3	3	off	3	off	6	off
12	10/18 - 10/23	2	2	off	2	off	13.1	

Got Support? Sign up for the **FREE** half marathon training program to get the tools, tips, and words of wisdom to help you get to the finish line! Visit www.swhalf.com for info.

Consult your doctor before beginning any exercise program.