



Half Marathon Training for Beginning Walkers

Week	Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	8/2 - 8/8	30 min	20 min	30 min	rest	30 min	3 miles	rest
2	8/9 - 8/15	30 min	20 min	30 min	rest	30 min	3 miles	rest
3	8/16 - 8/22	35 min	20 min	35 min	rest	20 min	2 miles	rest
4	8/23 - 8/29	35 min	20 min	35 min	rest	40 min	5 miles	rest
5	8/30 - 9/5	35 min	25 min	35 min	rest	40 min	6 miles	rest
6	9/6 - 9/12	40 min	25 min	40 min	rest	30 min	4 miles	rest
7	9/13 - 9/19	40 min	25 min	40 min	rest	50 min	7 miles	rest
8	9/20 - 9/26	40 min	25 min	40 min	rest	50 min	8 miles	rest
9	9/27 - 10/3	45 min	30 min	45 min	rest	30 min	6 miles	rest
10	10/4 - 10/10	45 min	30 min	45 min	rest	60 min	9 miles	rest
11	10/11 - 10/17	45 min	30 min	45 min	30 min	60 min	10 miles	rest
12	10/18 - 10/23	30 min	20 min	30 min	rest	rest	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.