

Your 12 Week Training Guide for Half Marathon Walk - by time

DAY	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
MON	30	35	40	40	45	45	50	60	60	60	40	30
TUE	DAY OFF											
WED	40	45	50	50	60	60	75	75	75	75	35	20
THURS	30	30	30	35	35	40	45	45	45	60	35	20
FRI	DAY OFF											
SAT	40	45	45	45	50	50	50	50	50	50	45	Day Off
SUN	60	60	60	90	90	90	120	150	150	150	60	RACE DAY

Thursday - Attempt to increase pace for 1/3 of time. Example: 30 min session. Walk 10min; increase pace 10 min; Walk 10min

The increase in pace should take you to a level where you could still talk but would prefer not to . Rest of walk program steady pace.

Sunday: Include hills to give you strength and make you a stronger walker.