

# WALKING HALF MARATHON TRAINING PLAN



Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Cross Training	WALK: 20 minutes	Strength	WALK: 25 minutes	Rest or Yoga	WALK: 25 minutes	REST
<b>Week 2</b>	Cross Training	WALK: 30 minutes	Strength	WALK: 25 minutes	Rest or Yoga	WALK: 40 minutes	REST
<b>Week 3</b>	Cross Training	WALK: 20 minutes	Strength	WALK: 40 minutes	Rest or Yoga	WALK: 50 minutes	REST
<b>Week 4</b>	Cross Training	WALK: 30 minutes	Strength	WALK: 30 minutes	Rest or Yoga	WALK: 40 minutes	REST
<b>Week 5</b>	Cross Training	WALK: 40 minutes	Strength	WALK: 40 minutes	Rest or Yoga	WALK: 50 minutes	REST
<b>Week 6</b>	Cross Training	WALK: 30 minutes	Strength	WALK: 45 minutes	Rest or Yoga	WALK: 60 minutes	REST
<b>Week 7</b>	Cross Training	WALK: 20 minutes	Strength	WALK: 50 minutes	Rest or Yoga	WALK: 75 minutes	REST
<b>Week 8</b>	Cross Training	WALK: 30 minutes	Strength	WALK: 30 minutes	Rest or Yoga	WALK: 60 minutes	REST
<b>Week 9</b>	Cross Training	WALK: 25 minutes	Strength	WALK: 50 minutes	Rest or Yoga	WALK: 80 minutes	REST
<b>Week 10</b>	Cross Training	WALK: 40 minutes	Strength	WALK: 40 minutes	Rest or Yoga	WALK: 90 minutes	REST
<b>Week 11</b>	Cross Training	WALK: 45 minutes	Strength	WALK: 45 minutes	Rest or Yoga	WALK: 120 minutes	REST
<b>Week 12</b>	Cross Training	WALK: 30 minutes	Strength	WALK: 40 minutes	Rest or Yoga	WALK: 90 minutes	REST
<b>Week 13</b>	Cross Training	WALK: 40 minutes	Strength	WALK: 30 minutes	Rest or Yoga	WALK: 150 minutes	REST
<b>Week 14</b>	Cross Training	WALK: 30 minutes	Strength	WALK: 50 minutes	Rest or Yoga	WALK: 180 minutes	REST
<b>Week 15</b>	Cross Training	WALK: 20 minutes	Strength	WALK: 40 minutes	Rest or Yoga	WALK: 75 minutes	REST
<b>Week 16</b>	Cross Training	WALK: 30 minutes	Strength	WALK: 20 minutes	Rest	RACE :)	REST

