

Half Marathon Training Schedule for Runners and Walkers

| Week | Monday | Tuesday TT | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|---------------|-------------------|------------------|-----------------|---------------|-----------------|--------------------|
| 1 (Aug 6 - Aug 12) | off | 30 min run | off | 25 min run | easy walk | off | 3 miles |
| 2 (Aug 13 - 19) | off | 30 min run | off | 30 min run | easy walk | off | 4 miles |
| 3 (Aug 20 - 26) | off | 30 min run | off | 30 min run | easy walk | off | 5 miles |
| 4 (Aug 27 - Sep 2) | off | 30 min run | off | 30 min run | easy walk | off | 2.5 miles |
| 5 (Sep 3 - Sep 9) | off | 30 min run | off | 30 min run | easy walk | off | 6.5 miles |
| 6 (Sep 10 - Sep 16) | off | 30 min run | off | 30 min run | easy walk | off | 3 miles with MM |
| 7 (Sep 17 - Sep 23) | off | 30 min run | off | 30 min run | easy walk | off | 8 miles |
| 8 (Sep 24 - Sep 30) | off | 30 min run | off | 30 min run | easy walk | off | 3 miles with MM |
| 9 (Oct 1 - Oct 7) | off | 30 min run | off | 30 min run | easy walk | off | 9.5 miles |
| 10 (Oct 8 - Oct 14) | off | 30 min run | off | 30 min run | easy walk | off | 4 miles |
| 11 (Oct 15 - Oct 21) | off | 30 min run | off | 30 min run | easy walk | off | 11 miles |
| 12 (Oct 22 - Oct 28) | off | 30 min run | off | 30 min run | easy walk | off | 4 miles with MM |
| 13 (Oct 29 - Nov 4) | off | 30 min run | off | 30 min run | easy walk | off | 12.5 miles |
| 14 (Nov 5 - Nov 11) | off | 30 min run | off | 30 min run | easy walk | off | 4 miles with MM |
| 15 (Nov 12 - Nov 18) | off | 30 min run | off | 30 min run | easy walk | off | 14 miles |
| 16 (Nov 19 - Nov 25) | off | 30 min run | off | 30 min run | easy walk | off | 5 miles |
| 17 (Nov 26 - Dec 2) | off | 30 min run | off | 30 min run | easy walk | off | Half Marathon Race |
| 18 (Dec 3 - Dec 9) | off | 30 min run | off | 30 min run | easy walk | off | 5 miles |
| 19 (Dec 10 - Dec 16) | off | 30 min run | off | 30 min run | easy walk | off | 6-8 miles |