GOOD RUNNING EVENTS

## HALF MARATHON RUN WALK 12 WEEK TRAIING PLAN

## WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest |  | Rest | Rest | 20 minuts bisks walking. | Rest | 1 min easy run followed by 1 min easy walk, for a total distance of 1 mi |

## WEEK 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minuts brisk walking. | Rest | Rest | $\begin{gathered} 10 \times(1 \text { min easy run } \\ \text { followed by } 1 \text { min easy } \\ \text { walk) } \end{gathered}$ | Rest | 1.5 min easy run followed 1.5 min easy walk, for otal distance of 2 mile |

## WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 25 minuts briks walking. | Rest | Rest |  | Rest | 1.5 min easy run followed 1.5 min easy walk, for a total distance of 2 miles. |

## WEEK 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 25 minuts bisk walking. | Rest | Rest |  | Rest |  |

## WEEK 5

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 25 minuts brikk walking. | Rest | Rest |  | Rest | 2 min easy run followed by 1 min easy walk, for a total distance of 4 miles. |

## WEEK 6

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 25 minuts bisk walking. | Rest | ReSt | $\begin{aligned} & \left.\begin{array}{c} 6 \times(3 \text { mineasy un } \\ \text { followediny } \\ \text { walk min } \end{array}\right) \end{aligned}$ | rest |  |

GOOD RUNNING EVENTS

## HALF MARATHON RUN WALK 12 WEEK TRAIING PLAN

## WEEK 7

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 30 minuts bisk walking. | Rest | Rest |  | Rest | 3 min easy run followed by 1 min easy walk, for a total distance of $\mathbf{6}$ miles. |

WEEK 8

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 30 minutes bisk walking. | Rest | Rest | $\begin{aligned} & 6 \times(4 \text { min easy run } \\ & \text { followed by } 1 \text { min easy } \\ & \text { walk) } \end{aligned}$ | Rest | 3 min easy run followed by 1 min easy walk, for a total distance of 7 miles. |

## WEEK 9

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 30 minuts biskik walking. | Rest | Rest | $7 \times(4$ min easy run followed by 1 min easy walk) | Rest |  |

## WEEK 10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 30 minutestrisk wa | Rest | Rest | $7 \times(4$ min easy run followed by 1 min easy walk) | Rest | $\begin{aligned} & 3 \text { min easy run followed by } \\ & 1 \text { min easy walk, for a total } \\ & \text { distance of } 10 \text { miles. } \end{aligned}$ |

## WEEK 11

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 30 minuts brikk walking. | Rest | Rest | $\begin{aligned} & 5 \times(4 \text { min easy run } \\ & \text { followed by } 1 \text { min easy } \\ & \text { walk }) \end{aligned}$ | Rest | 3 min easy run followed by 1 min easy walk, for a total distance of 5 miles. |

## WEEK 12

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 30 minutss bisk valking. | Rest | Rest | 30 minits esy walking. | Rest | EVENT DAY GOOD LUCKI |

