



# 14-WEEK HALF MARATHON - WALK TRAINING PLAN



**IT'S ONLY WORTH IT IF YOU ENJOY IT**

WEEK	M	T	W	T	F	S	S
1	Cross train 30 Minutes	30 Minute Walk	Cross train 30 Minutes	15 Minute Walk	Cross train 30 Minutes	3 Miles easy	Rest
2	Cross train 30 Minutes	30 Minute Walk	Cross train 30 Minutes	15 Minute Walk	Cross train 30 Minutes	3 Miles easy	Rest
3	Cross train 30 Minutes	35 Minute Walk	Cross train 30 Minutes	20 Minute Walk	Cross train 30 Minutes	2 Miles brisk	Rest
4	Cross train 30 Minutes	35 Minute Walk	Cross train 30 Minutes	20 Minute Walk	Cross train 30 Minutes	5 Miles easy	Rest
5	Cross train 30 Minutes	35 Minute Walk	Cross train 30 Minutes	25 Minute Walk	Cross train 30 Minutes	6 Miles easy	Rest
6	Cross train 30 Minutes	40 Minute Walk	Cross train 30 Minutes	25 Minute Walk	Cross train 30 Minutes	4 Miles brisk	Rest
7	Cross train 30 Minutes	40 Minute Walk	Cross train 30 Minutes	30 Minute Walk	Cross train 30 Minutes	7 Miles easy	Rest
8	Cross train 30 Minutes	40 Minute Walk	Cross train 30 Minutes	30 Minute Walk	Cross train 30 Minutes	8 Miles easy	Rest





# 14-WEEK HALF MARATHON - WALK TRAINING PLAN



**IT'S ONLY WORTH IT IF YOU ENJOY IT**

WEEK	M	T	W	T	F	S	S
9	Cross train 30 Minutes	45 Minute Walk	Cross train 30 Minutes	15 Minute Walk	Cross train 30 Minutes	6 Miles brisk	Rest
10	Cross train 30 Minutes	45 Minute Walk	Cross train 30 Minutes	15 Minute Walk	Cross train 30 Minutes	9 Miles easy	Rest
11	Cross train 30 Minutes	45 Minute Walk	Cross train 30 Minutes	20 Minute Walk	Cross train 30 Minutes	10 Miles easy	Rest
12	Cross train 30 Minutes	40 Minute Walk	Cross train 30 Minutes	20 Minute Walk	Cross train 30 Minutes	8 Miles easy	Rest
13	Cross train 30 Minutes	40 Minute Walk	Cross train 30 Minutes	25 Minute Walk	Cross train 30 Minutes	6 Miles easy	Rest
14	Cross train 30 Minutes	30 Minute Walk	Cross train 30 Minutes	25 Minute Walk	Cross train 30 Minutes	Rest	

**THIS TRAINING PLAN IS DESIGNED FOR WALKERS  
PLANNING TO COMPLETE THE  
HALF MARATHON ON MAY 28TH**