



HALF MARATHON RUN \ WALK TRAINING PLAN



IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M (EASY)	T	W (EASY)	T	F	S	S
1	3 Miles	Cross train 30 - 40 Minutes	3 Miles	Cross train 30 - 40 Minutes	Rest	4 Miles	Rest
2	3 Miles	Cross train 30 - 40 Minutes	3 Miles	Cross train 30-40 Minutes	Rest	5 Miles	Rest
3	3 Miles	Cross train 30 - 40 Minutes	3 Miles	Cross train 30-40 Minutes	Rest	6 Miles	Rest
4	3 Miles	Cross train 30 - 40 Minutes	3 Miles	Cross train 30-40 Minutes	Rest	4 Miles	Rest
5	4 Miles	Cross train 30 - 40 Minutes	4 Miles	Cross train 30-40 Minutes	Rest	7 Miles	Rest
6	4 Miles	Cross train 30 - 40 Minutes	4 Miles	Cross train 30-40 Minutes	Rest	8 Miles	Rest
7	4 Miles	Cross train 30 - 40 Minutes	4 Miles	Cross train 45-50 Minutes	Rest	6 Miles	Rest
8	4 Miles	Cross train 30 - 40 Minutes	4 Miles	Cross train 45-50 Minutes	Rest	9 Miles	Rest





HALF MARATHON RUN/WALK TRAINING PLAN



IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M	T	W	T	F	S	S
9	5 Miles	Cross train 30 - 40 Minutes	5 Miles	Cross train 45-50 Minutes	Rest	10 Miles	Rest
10	3 Miles	Cross train 35 - 45 Minutes	5 Miles	Cross train 45-50 Minutes	Rest	8 Miles	Rest
11	5 Miles	Cross train 35 - 45 Minutes	5 Miles	Cross train 45-50 Minutes	Rest	11 Miles	Rest
12	3 Miles	Cross train 35 - 45 Minutes	5 Miles	Cross train 45-50 Minutes	Rest	8 Miles	Rest
13	3 Miles	Cross train 35 - 45 Minutes	3 Miles	Cross train 45-50 Minutes	Rest	6 Miles	Rest
14	3 Miles	Cross train 30 Minutes	3 Miles	Cross train 45-50 Minutes	Rest	Rest	

3\2 = Run 3 minutes \ walk 2 minutes

4\2 = Run 4 minutes \ walk 2 minutes

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