



Basic Half Marathon Training Plan (Run/Walk Plan)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	5K
2	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	6m run
3	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	7m run
4	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	5m run
5	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	8m run
6	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	9m run
7	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	7m run
8	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	10m run
9	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	11m run
10	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	8m run
11	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	7m run
12	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	8m run
13	Walk 30-60 min	Run/walk 30 min	Crosstrain	Walk 30-60 min	Run/walk 30-60 or Crosstrain	OFF	6m run
14	Walk 30-60 min	OFF	Crosstrain	OFF	Run/walk 20 minutes	OFF	Half Marathon