CoachJenny.com

HALF MARATHON RUN-WALK

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run-Walk	Cross-Training +ST	Run-Walk	Cross-Training +ST	Run-Walk/Rest	Run-Walk	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy Effort	Moderate Effort	Moderate Effort	Conversational Effort	
i-RATE SCALE	6 - 7	7+	6 - 7	7+	7+	6 - 7	
HEART RATE	65 - 75%	70 - 75%	65 - 75%	70 - 75%	70 - 75%	65 - 75%	
WEEK 1	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-45 minutes	Rest	3 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 2	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-45 minutes	Rest	4 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 3	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-45 minutes	Rest	4 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 4	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-45 minutes	Rest	5 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 5	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-45 minutes	45 minutes Run 3 min/Walk 2 min Repeat 9 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	4 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 6	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-45 minutes	45 minutes Run 3 min/Walk 2 min Repeat 9 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	6 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 7	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-45 minutes	50 minutes Run 3 min/Walk 2 min Repeat 10 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	7 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 8	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-45 minutes	50 minutes Run 3 min/Walk 2 min Repeat 10 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	8 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 9	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-45 minutes	50 minutes Run 3 min/Walk 2 min Repeat 10 times	30-45 minutes	Rest	6 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 10	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-45 minutes	54 minutes Run 4 min/Walk 2 min Repeat 9 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	9 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 11	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-45 minutes	54 minutes Run 4 min/Walk 2 min Repeat 9 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	10 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 12	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-45 minutes	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	6 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 13	42 minutes Run 5 min/Walk 1 min Repeat 7 times	30 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	30 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	Rest	**Race Day! Run/Walk 5/1**
RECOVERY WEEK 1	Rest	XT 20 minutes	Rest	XT 30 minutes	Rest	3 miles R/W:4/2	Rest
RECOVERY WEEK 2	42 minutes R/W:4/2	30 minutes	Rest	42 minutes R/W:4/2	30 minutes	4 miles R/W: 4/1	Rest
RECOVERY WEEK 3	40 minutes R/W:4/1	40 minutes	Rest	40 minutes R/W:4/1	40 minutes	5 miles R/W: 4/1	Rest
RECOVERY WEEK 4	45 minutes R/W:4/1	40 minutes	Rest	45 minutes R/W:4/1	40 minutes	6 miles R/W: 4/1	Rest