CoachJenny.com

HALF MARATHON WALK

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Walk	Cross-Train +ST	Walk	Cross-Train +ST	Walk/Rest	Walk	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Moderate	Moderate Effort	Easy Effort	Conversational Effort	
i-RATE SCALE	6 - 7	7+	7 - 8	7+	6 - 7	7+	
HEART RATE	65 - 75%	70 - 75%	75 - 80%	70 - 75%	65 - 75%	70 - 75%	
WEEK 1	40 minutes	30-40 minutes	40 minutes	30-40 minutes	Rest	3 miles	Rest
WEEK 2	40 minutes	30-40 minutes	40 minutes	30-40 minutes	Rest	4 miles	Rest
WEEK 3	45 minutes	30-40 minutes	40 minutes	30-40 minutes	Rest	4 miles	Rest
WEEK 4	45 minutes	30-40 minutes	45 minutes	30-40 minutes	Rest	5 miles	Rest
WEEK 5	50 minutes	30-40 minutes	45 minutes	30-40 minutes	Rest	6 miles	Rest
WEEK 6	50 minutes	30-40 minutes	50 minutes	30-40 minutes	35 minutes	4 miles	Rest
WEEK 7	55 minutes	30-40 minutes	50 minutes	30-40 minutes	35 minutes	7 miles	Rest
WEEK 8	55 minutes	30-40 minutes	50 minutes Tempo Walk	30-40 minutes	35 minutes	8 miles	Rest
WEEK 9	60 minutes	30-40 minutes	50 minutes Tempo Walk	30-40 minutes	35 minutes	9 miles	Rest
WEEK 10	60 minutes	30-40 minutes	50 minutes Tempo Walk	30-40 minutes	Rest	6 miles	Rest
WEEK 11	60 minutes	30-40 minutes	50 minutes Tempo Walk	30-40 minutes	40 minutes	10 miles	Rest
WEEK 12	60 minutes	30-40 minutes	50 minutes Tempo Walk	30-40 minutes	40 minutes	8 miles	Rest
WEEK 13	50 minutes	30-40 minutes	40 minutes	30-40 minutes	40 minutes	6 miles	Rest
WEEK 14	45 minutes	Rest	40 minutes	Rest	30 minutes	Rest	**Race Day**
RECOVERY WEEK 1	Rest	XT 20 minutes	Rest	XT 30 minutes	Rest	2 miles	Rest
RECOVERY WEEK 2	30 minutes	30 minutes	Rest	30 minutes	30 minutes	3 miles	Rest
RECOVERY WEEK 3	40 minutes	30 minutes	Rest	40 minutes	34 minutes	4 miles	Rest
RECOVERY WEEK 4	45 minutes	40 minutes	Rest	45 minutes	40 minutes	5 miles	Rest