CoachJenny.com

HALF MARATHON WALK-RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Walk-Run +ST	Cross-Training	Walk-Run +ST	Rest Day	Cross-Training	Walk-Run Endurance	Rest Day
INTENSITY	Moderate	Moderate	Moderate		Moderate	Conversational Pace	
i-RATE SCALE	7 - 8	7 - 8	7 - 8		7 - 8	6 - 7	
HEART RATE	70 - 75%	70 - 75%	70 - 75%		75 - 80%	65 - 75%	
WEEK 1	32 minutes Run 1 min/Walk 3 min Repeat 8 times	30-40 minutes	32 minutes Run 1 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	3 miles Run 1 min/Walk 3 min Repeat continuously	Rest
WEEK 2	32 minutes Run 1 min/Walk 3 min Repeat 8 times	30-40 minutes	32 minutes Run 1 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	4 miles Run 1 min/Walk 3 min Repeat continuously	Rest
WEEK 3	32 minutes Run 1 min/Walk 3 min Repeat 8 times	30-40 minutes	36 minutes Run 1 min/Walk 3 min Repeat 9 times	Rest	30-40 minutes	5 miles Run 1 min/Walk 3 min Repeat continuously	Rest
WEEK 4	36 minutes Run 1 min/Walk 3 min Repeat 9 times	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	6 miles Run 1 min/Walk 3 min Repeat continuously	Rest
WEEK 5	36 minutes Run 1 min/Walk 3 min Repeat 9 times	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	4 miles Run 2 min/Walk 3 min Repeat continuously	Rest
WEEK 6	36 minutes Run 1 min/Walk 3 min Repeat 9 times	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	7 miles Run 2 min/Walk 3 min Repeat continuously	Rest
WEEK 7	40 minutes Run 1 min/Walk 3 min Repeat 10 times	30-40 minutes	45 minutes Run 2 min/Walk 3 min Repeat 9 times	Rest	30-40 minutes	8 miles Run 2 min/Walk 3 min Repeat continuously	Rest
WEEK 8	40 minutes Run 1 min/Walk 3 min Repeat 10 times	30-40 minutes	44 minutes Run 2 min/Walk 2 min Repeat 11 times	Rest	30-40 minutes	9 miles Run 2 min/Walk 3 min Repeat continuously	Rest
WEEK 9	40 minutes Run 1 min/Walk 3 min Repeat 10 times	30-40 minutes	44 minutes Run 2 min/Walk 2 min Repeat 11 times	Rest	30-40 minutes	6 miles Run 2 min/Walk 2 min Repeat continuously	Rest
WEEK 10	44 minutes Run 2 min/Walk 2 min Repeat 11 times	30-40 minutes	48 minutes Run 2 min/Walk 2 min Repeat 12 times	Rest	30-40 minutes	10 miles Run 2 min/Walk 2 min Repeat continuously	Rest
WEEK 11	44 minutes Run 2 min/Walk 2 min Repeat 11 times	30-40 minutes	44 minutes Run 2 min/Walk 2 min Repeat 11 times	Rest	30-40 minutes	8 miles Run 2 min/Walk 2 min Repeat continuously	Rest
WEEK 12	40 minutes Run 2 min/Walk 2 min Repeat 10 times	30-40 minutes	44 minutes Run 2 min/Walk 2 min Repeat 11 times	Rest	30-40 minutes	6 miles Run 2 min/Walk 2 min Repeat continuously	Rest
WEEK 13	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30 minutes Run 1 min/Walk 2 min Repeat 6 times	Rest	**Race Day! Run/Walk 2/2**
RECOVERY WEEK 1	Rest	XT 20 minutes	Rest	XT 30 minutes	Rest	3 miles R/W: 1/2	Rest
RECOVERY WEEK 2	40 minutes R/W: 2/2	XT 30 minutes	40 minutes R/W: 2/2	Rest	XT 30 minutes	4 miles R/W: 1/2	Rest
RECOVERY WEEK 3	40 minutes R/W: 2/2	XT 40 minutes	40 minutes R/W: 2/2	Rest	XT 40 minutes	5 miles R/W: 1/2	Rest
RECOVERY WEEK 4	40 minutes R/W: 2/2	XT 40 minutes	40 minutes R/W: 2/2	Rest	XT 40 minutes	6 miles R/W: 1/2	Rest