

## Half Marathon 12-week beginning walker

Choose the “12-week beginning walker” Half Marathon Calendar if you are new to walking, or returning after a layoff. This calendar can be modified to a greater number of weeks, by doing each week twice before moving on to the next week. If you have only 12 weeks to train, this is a plan that will get you to the finish line!

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	30 min easy	20 min stroll	30 min easy	Rest	30 min stroll	3 m easy
2	Rest	30 min easy	20 min stroll	30 min easy	Rest	30 min stroll	4 m easy
3	Rest	35 min easy	20 min stroll	35 min easy	Rest	20 min stroll	2 m brisk
4	Rest	35 min easy	25 min stroll	35 min easy	Rest	40 min stroll	5 m easy
5	Rest	35 min easy	25 min stroll	35 min easy	Rest	40 min stroll	6 m easy
6	Rest	40 min easy	25 min stroll	40 min easy	Rest	30 min stroll	4 m brisk
7	Rest	40 min easy	25 min stroll	40 min easy	Rest	50 min stroll	7 m easy
8	Rest	40 min easy	25 min stroll	40 min easy	Rest	50 min stroll	8 m easy
9	Rest	45 min easy	30 min stroll	45 min easy	Rest	30 min stroll	6 m brisk
10	Rest	45 min easy	30 min stroll	45 min easy	Rest	60 min stroll	9 m easy
11	Rest	45 min easy	30 min stroll	45 min easy	30 min easy	60 min stroll	10 m easy
12	Rest	30 min easy	20 min stroll	30 min stroll	Rest	Rest	<b>Half Marathon</b>

## Half Marathon Novice

Choose the "Novice" Half Marathon Calendar if you are new to running or walking, or returning after a layoff. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks—walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Rest	2 m	Rest	2 m	Rest	3 m	2 m	9
2	Rest	3 m	Rest	2 m	Rest	3 m	3 m	11
3	Rest	2 m	2 m	2 m	Rest	4 m	3 m	13
4	Rest	2 m	3 m	2 m	Rest	5 m	3 m	15
5	Rest	2 m	2 m	2 m	Rest	4 m	2 m	12
6	Rest	3 m	2 m	2 m	Rest	6 m	3 m	16
7	Rest	3 m	2 m	3 m	Rest	8 m	2 m	18
8	Rest	3 m	2 m	3 m	Rest	5 m	3 m	16
9	Rest	3 m	2 m	3 m	Rest	9 m	2 m	19
10	Rest	3 m	2 m	4 m	Rest	7 m	3 m	19
11	Rest	4 m	2 m	4 m	Rest	8 m	4 m	22
12	Rest	4 m	3 m	4 m	Rest	9 m	4 m	24
13	Rest	4 m	4 m	4 m	Rest	8 m	5 m	25
14	Rest	4 m	4 m	3 m	Rest	10 m	5 m	26
15	Rest	4 m	3 m	3 m	Rest	7 m	5 m	22
16	Rest	4 m	4 m	4 m	Rest	10 m	5 m	27
17	Rest	4 m	4 m	3 m	Rest	7 m	4 m	22
18	Rest	3 m	3 m	Rest	Rest	Rest	<b>Half Marathon</b>	19+

## Half Marathon Intermediate

Choose the "Intermediate" Half Marathon Calendar if you are currently walking or running 10-15 miles per week, with a longest run/walk of 3-5 miles. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks—walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Rest	3 m	Rest	3 m	Rest	4 m	3 m	13
2	Rest	3 m	Rest	3 m	Rest	5 m	3 m	14
3	Rest	3 m	2 m	3 m	Rest	5 m	3 m	16
4	Rest	3 m	3 m	3 m	Rest	6 m	3 m	18
5	Rest	3 m	3 m	3 m	Rest	6 m	4 m	19
6	Rest	3 m	4 m	3 m	Rest	7 m	4 m	21
7	Rest	3 m	4 m	3 m	Rest	9 m	3 m	22
8	Rest	3 m	4 m	3 m	Rest	8 m	3 m	21
9	Rest	3 m	4 m	3 m	Rest	10 m	3 m	23
10	Rest	4 m	3 m	3 m	Rest	11 m	4 m	25
11	Rest	4 m	3 m	4 m	Rest	10 m	3 m	24
12	Rest	4 m	4 m	4 m	Rest	12 m	3 m	27
13	Rest	4 m	4 m	4 m	Rest	10 m	3 m	25
14	Rest	4 m	4 m	4 m	Rest	10 m	5 m	27
15	Rest	4 m	4 m	3 m	Rest	12 m	4 m	27
16	Rest	4 m	4 m	4 m	Rest	9 m	5 m	26
17	Rest	4 m	4 m	3 m	Rest	7 m	4 m	22
18	Rest	3 m	3 m	Rest	2 m	Rest	<b>Half Marathon</b>	21+