

Beginning Walkers Half-Marathon Schedule

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	Off or easy cross-train	Easy 45 minutes	Easy 30 minutes	Easy 45 minutes	Off	Easy 30 minutes	4 miles easy
2	Off or easy cross-train	Easy 45 minutes	Easy 30 minutes	Easy 45 minutes	Off	Easy 30 minutes	5 miles easy
3	Off or easy cross-train	Easy 45 minutes	30 minutes "not so easy"	Easy 45 minutes	Off	Easy 30 minutes	6 miles easy
4	Off or easy cross-train	Easy 45 minutes	Easy 30 minutes	Easy 45 minutes	Off	Easy 30 minutes	6 miles "not so easy"
5	Off or easy cross-train	Easy 45 minutes	Easy 30 minutes	45 minutes "not so easy"	Off	Easy 30 minutes	8 miles easy
6	Off or easy cross-train	Easy 45 minutes	45 minutes "not so easy"	Easy 45 minutes	Off	Easy 30 minutes	8 miles "not so easy"
7	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	45 minutes "not so easy"	Off	Easy 30 minutes	10 miles easy
8	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	45 minutes "not so easy"	Off	Easy 30 minutes	8 miles "not so easy"
9	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	45 minutes "not so easy"	Off	Easy 30 minutes	12 miles easy
10	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	45 minutes "not so easy"	Off	Easy 30 minutes	10 miles easy
11	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	30 minutes "not so easy"	Off	Easy 30 minutes	8 miles. Start easy, last 3 miles at race pace
12	Off	Easy 30 minutes	Easy 30 minutes	30 minutes acceleration down to ½ mar. pace.	Off	Easy 20 minutes	½ Marathon

- Any walker who is currently able to walk approximately 30 minutes per day, 3-4 days per week, should be able to follow the beginners' schedule, and will be able to complete a half marathon in 12 weeks.
- Most days should be walks at an easy "conversational" pace.
- Cross-training days can be aerobic activities like swimming, biking or stair master/elliptical training equipment, or non-aerobic sessions like yoga or stretching classes.
- "Not so easy" days should be at a very brisk pace that will approximate your half-marathon race pace.
- An acceleration workout is one where you start at an easy, conversational pace, but build faster and faster throughout the workout.