

Run/Walk 16 Week Half Marathon Training

This program is ideal for the individual who has not run before or who has not run consistently within the past 6-8months and is looking to complete the half marathon distance (13.1miles). This program includes a run/walk ratio component. To start this program you should be able to run/walk 30mins.

Week	Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	March 29	2 miles	off	3 miles	Off	Easy 20min walk	40mins as 5/1	Active recovery
2	April 5	4 miles	off	3 miles	Off	Easy 20min walk	50mins as 5/1	Active recovery
3	April 12	4 miles	off	4 miles	Off	Easy 20min run	60mins as 7/1	Active recovery
4	April 19	4 miles	off	4 miles	Off	Easy 20min run	30mins steady	Active recovery
5	April 26	4 miles	off	4 miles	off	Easy 25min run	60mins as 7/1	Active recovery
6	May 3	4 miles	off	4 miles	Off	Easy 25min run	70mins as 9/1	Active recovery
7	May 10	4 miles	off	4 miles	Off	Easy 25min run	1:20mins as 9/1	Active recovery
8	May 17	4 miles	off	3 miles	Off	Easy 20min walk	45mins steady or 5-8k event	Active recovery
9	May 24	3 miles	off	5 miles	Off	Easy 25min run	1:30 as 9/1	Active recovery
10	May 31	5 miles	off	6 miles	Off	Easy 30min run	1:40 9/1	Active recovery
11	June 7	6 miles	off	4 miles	Off	Easy 30min run	2hours as 9/1	Active recovery
12	June 14	5 miles	off	4 miles	off	Easy 20min run	60mins as 9/1	Active recovery
13	June 21	5 miles	off	4 miles	Off	Easy 20min run	2:15 hour run	Active recovery
14	June 28	4 miles	off	4 miles	Off	Easy 20min run	2:30 as 9/1	Active recovery
15	July 5	4 miles	off	3 miles	Off	Easy 20min run	60mins as 9/1	Active recovery
16	July 12	2 miles easy	off	2 miles	Rest	Easy 10min to stay loose	Race Day ☺	Race Day ☺

Run/Walk explained – on your long day (Saturday) you will be doing the time run/walk as listed. For example, week 1 is 5/1, this means to run 5 minutes, then walk 1 minute, then run 5 minutes, walk 1 minute, etc.

Active recovery days – these will be good days to do your core work and some cross training to give the ligaments and tendons a chance to recover from the efforts of the week. Add swimming, biking, etc., just try to keep the effort low and the movement smooth.

Events are in red – It is recommended that you do some training events in order to test your fitness and morning nutrition to ensure you can get breakfast down before a run. These also work well to incorporate into your recovery and adaptation

All runs unless otherwise specified are considered “easy.” This means you are able to converse while you run. It is important that you **stretch daily** after each run for at least 5 minutes focusing on major muscle groups; and 2 days a week for 20 minutes ideally after your long run Day (Saturday) and your Active Recovery day (Sunday).