

Powered by Hope 2010 Half Marathon Training Plan - Walker

Week	Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	January 11, 2010	30 min walk	off	30 min walk	easy walk	off	3 miles	off
2	January 18, 2010	30 min walk	off	30 min walk	easy walk	off	4-5 miles	off
3	January 25, 2010	30 min walk	off	30 min walk	easy walk	off	5-6 miles	off
4	February 1, 2010	30 min walk	off	30 min walk	easy walk	off	3-4 miles	off
5	February 8, 2010	30 min walk	off	30 min walk	easy walk	off	7-8 miles	off
6	February 15, 2010	30 min walk	off	30 min walk	easy walk	off	3-4 miles	off
7	February 22, 2010	30 min walk	off	30 min walk	easy walk	off	9-10 miles	off
8	March 1, 2010	30 min walk	off	30 min walk	easy walk	off	4 miles	off
9	March 8, 2010	30 min walk	off	30 min walk	easy walk	off	11miles	off
10	March 15, 2010	30 min walk	off	30 min walk	easy walk	off	4-5 miles	off
11	March 22, 2010	30 min walk	off	30 min walk	easy walk	off	12 miles	off
12	March 29, 2010	30 min walk	off	30 min walk	easy walk	off	4-5 miles	off
13	April 5, 2010	30 min walk	off	30 min walk	easy walk	off	14 miles	off
14	April 12, 2010	30 min walk	off	30 min walk	easy walk	off	5 miles	off
15	April 19, 2010	30 min walk	off	30 min walk	easy walk	off	Half Marathon	off