

# Hal Higdon's Half Marathon Training Program

Half Marathon Training: Walking							
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	Rest	60 min stroll	10 m easy
12	Rest	30 min easy	20 min stroll	30 min stroll	Rest	Rest	<b>Half Marathon</b>