

COUCH TO HALF MARATHON 15 WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	10 x 2 min walk 1 min run	Rest Day	10 x 2 min walk 1 min run	Strength Training	Rest Day	Long Run 1.5 Miles
2	Rest Day	15 x 1 min walk 1 min run	Rest Day	15 x 1 min walk 1 min run	Strength Training	15 x 1 min walk 1 min run	Long Run 2 Miles
3	Rest Day	15 x 0.5 min walk 1.5 min run	Rest Day	15 x 0.5 min walk 1.5 min run	Strength Training	15 x 0.5 min walk 1.5 min run	Long Run 2.5 Miles
4	Rest Day	10 x 1 min walk 2 min run	Rest Day	10 x 1 min walk 2 min run	Strength Training	Rest Day	5k
5	Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	Strength Training	Long Run 4 Miles
6	Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	Strength Training	Long Run 4.5 Miles
7	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 Miles
8	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	10k
9	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 Miles
10	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 7 Miles
11	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
12	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 6 Miles
13	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 11 Miles
14	Rest Day	Training Run 4 miles	Training Run 6 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
15	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Rest Day	Easy Run 2 miles	Half Marathon 13.1 Miles

Training Runs should be done at a comfortable, sustainable pace:
3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Long Runs should be done at an easy and conversational pace:
2-3 out of 10 RPE. Try to run the whole way!

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

For more guidance, visit marathonhandbook.com/couch-to-half-marathon

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MARATHON HANDBOOK

Walking half marathon training plan is essential for those who wish to complete the 13.1-mile distance at a brisk pace without running. Walking a half marathon can be a fulfilling challenge and is a great way to improve fitness, achieve personal goals, and even enjoy the camaraderie of other walkers. This article provides a comprehensive training plan for beginners and experienced walkers alike, along with tips for preparation, nutrition, and recovery.

Understanding the Half Marathon Distance

Walking a half marathon is a significant achievement that requires commitment and consistency. The half marathon distance is 13.1 miles, which can be daunting for newcomers. However, with the right training plan, anyone can successfully complete this distance.

Benefits of Walking a Half Marathon

Walking a half marathon offers numerous benefits, including:

- Physical Fitness: Enhances cardiovascular health, strengthens muscles, and improves endurance.
- Mental Resilience: Builds mental toughness and boosts confidence through achieving a challenging goal.
- Social Engagement: Provides an opportunity to connect with fellow walkers and create lasting friendships.
- Weight Management: Aids in weight loss and maintenance through increased calorie expenditure.

Preparing for Your Training

Before diving into a walking half marathon training plan, it's essential to lay a solid foundation. Here are steps to get started:

1. Assess Your Current Fitness Level

Evaluate your current walking routine. Consider how far and how often you currently walk:

- If you're a beginner, aim to walk 3-5 times a week for at least 30 minutes.
- If you have experience, assess your longest distance and build on it.

2. Invest in Proper Gear

Having the right gear is crucial for a successful training experience. Consider the following:

- Walking Shoes: Invest in a pair of comfortable walking shoes that provide adequate support.
- Clothing: Wear moisture-wicking fabrics to keep you dry and comfortable.
- Accessories: Consider using a fitness watch or app to track your distance and pace.

3. Set Goals

Establish realistic and achievable goals based on your current fitness level. Goals can be:

- Completion of the half marathon.
- Achieving a specific time.
- Improving endurance or pace over the training period.

Walking Half Marathon Training Plan Overview

This training plan is designed for beginners and spans 12 weeks. It gradually increases your walking distance and intensity to prepare you for race day.

Weekly Training Structure

- Long Walk: Gradually increase your long walk distance each week.
- Easy Walks: Maintain shorter, easy-paced walks to build endurance.
- Cross-Training: Incorporate other forms of exercise to improve strength and flexibility.
- Rest Days: Allow adequate time for recovery to prevent injury.

Sample Training Schedule

Weeks 1-4: Building Foundation

- Monday: Rest
- Tuesday: Easy Walk (30 minutes)
- Wednesday: Cross-Training (30 minutes)
- Thursday: Easy Walk (45 minutes)
- Friday: Rest
- Saturday: Long Walk (Week 1: 3 miles; Week 2: 4 miles; Week 3: 5 miles; Week 4: 6 miles)
- Sunday: Cross-Training (45 minutes)

Weeks 5-8: Increasing Distance

- Monday: Rest
- Tuesday: Easy Walk (45 minutes)
- Wednesday: Cross-Training (45 minutes)
- Thursday: Easy Walk (60 minutes)
- Friday: Rest
- Saturday: Long Walk (Week 5: 7 miles; Week 6: 8 miles; Week 7: 9 miles; Week 8: 10 miles)
- Sunday: Cross-Training (60 minutes)

Weeks 9-12: Tapering and Race Preparation

- Monday: Rest
- Tuesday: Easy Walk (60 minutes)
- Wednesday: Cross-Training (60 minutes)
- Thursday: Easy Walk (75 minutes)
- Friday: Rest

- Saturday: Long Walk (Week 9: 11 miles; Week 10: 12 miles; Week 11: 10 miles; Week 12: Race Week – 2 miles easy on Tuesday, 1 mile easy on Thursday)
- Sunday: Rest or light activity

Nutrition for Training

Proper nutrition plays a significant role in your training and performance. Here are some key components to consider:

1. Balanced Diet

Ensure your diet consists of:

- Carbohydrates: Provide energy for long walks (whole grains, fruits, and vegetables).
- Proteins: Help with muscle recovery (lean meats, beans, and dairy).
- Fats: Support overall health (nuts, avocados, and olive oil).

2. Hydration

Stay well-hydrated throughout your training:

- Drink water before, during, and after your walks.
- Consider electrolyte drinks for longer walks (over an hour).

3. Pre-Race Nutrition

In the days leading up to your race:

- Focus on carbohydrate loading.
- Avoid unfamiliar foods that could upset your stomach.

Recovery Strategies

Recovery is just as important as training. Implement the following strategies to ensure you are ready for each walk:

1. Rest Days

Incorporate rest days into your schedule to allow your body to recover.

2. Stretching and Foam Rolling

- Perform stretching exercises post-walk to improve flexibility.
- Use a foam roller to alleviate muscle tightness and soreness.

3. Listen to Your Body

Pay attention to any signs of fatigue or injury. If you experience persistent pain, consult a healthcare professional.

Race Day Tips

As you approach race day, consider these tips to ensure a successful event:

1. Plan Your Logistics

- Know the race location, start time, and how to get there.
- Familiarize yourself with the course map.

2. Dress Appropriately

- Wear the gear you have trained in to avoid discomfort.

3. Pace Yourself

- Start at a comfortable pace and gradually pick up speed if you feel good.

4. Enjoy the Experience

- Take time to appreciate the atmosphere, the scenery, and the effort you've put in.

Conclusion

Walking a half marathon is a rewarding journey that can enhance your physical fitness and mental resilience. A well-structured training plan, proper nutrition, and effective recovery strategies are essential to successfully completing the distance. By following this comprehensive walking half

marathon training plan, you can prepare yourself to cross the finish line with confidence and pride. Remember, the journey is just as important as the destination, so enjoy every step along the way!

Frequently Asked Questions

What is the ideal duration for a walking half marathon training plan?

The ideal duration for a walking half marathon training plan is typically 12 to 16 weeks, allowing your body to gradually adapt to the distance.

How many days a week should I train for a walking half marathon?

You should aim to train 4 to 5 days a week, including a mix of long walks, shorter training walks, and rest days for recovery.

What types of workouts should be included in a walking half marathon training plan?

Include long walks, speed work (brisk walking intervals), cross-training (like cycling or swimming), and rest days for optimal training.

How can I prevent injuries while training for a walking half marathon?

To prevent injuries, ensure to warm up before walks, cool down afterward, stretch regularly, and listen to your body to avoid overtraining.

What should I eat during training for a walking half marathon?

Focus on a balanced diet rich in carbohydrates for energy, protein for muscle repair, and healthy fats. Stay hydrated and consider energy gels or snacks during long walks.

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Walking Half Marathon Training Plan

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Get ready to conquer your walking half marathon! Our comprehensive walking half marathon training plan guides you step-by-step. Discover how to train effectively today!

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