# RUN WALK HALF MARATHON 

WEEK 1

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 1 minute of easy <br> running fllowed <br> by 1 minute of <br> easy walling, <br> repeated 6 times. | REST | REST | 20 minutes of <br> brisk walking. | REST | 1 minute of easy <br> running filowed <br> by 1 minute of <br> easy walking, for <br> a total distance of <br> 1 mile. |

## WEEK 2

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 20 minutes of <br> brisk walking. | REST | REST | 1 minute of easy <br> running followed <br> by 1 minute of <br> easy walking, <br> repeated <br> times. | REST | $1 / 2$ minutes of <br> easy running <br> followed by $1 / 2$ <br> minutes of easy <br> walking for a <br> total distance of <br> 2 miles. |

WEEK 3

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 25 minutes of <br> brisk walking. | REST | REST | 1 minute of easy <br> running followed <br> by 1 minute of <br> easy walking, <br> repeated 10 <br> times. | REST | $1 / 2$ minutes of <br> easy running <br> followed by $1 / 2$ <br> minutes of easy <br> walking for a <br> total distance of <br> 2 miles. |

## WEEK 4

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 25 minutes of <br> brisk walking. | REST | REST | 3 minutes of easy <br> running followed <br> by 2 minutes of <br> easy walking, | REST | 2 minutes of easy <br> running followed <br> by 1 minute of |
| repeated 5 times |  |  |  |  |  |  |$\quad$| easalking, for |
| :---: |
| a total distance of |
| 3 miles. |

## WEEK 5

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 25 minutes of <br> brisk walking. | REST | REST | 3 minutes of easy <br> running followed <br> by 2 minutes of <br> easy walking, <br> repeated 6 times. | REST | 2 minutes of easy <br> running followed <br> by 1 minute of |
| easy walking, for |  |  |  |  |  |  |
| a total distance of |  |  |  |  |  |  |
| 4 miles. |  |  |  |  |  |  |

# RUN WALK HALF MARATHON 

## WEEK 6

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 25 minutes of <br> brisk walking. | REST | REST | 3 minutes of easy <br> running followed <br> by 2 minutes of <br> easy walking, | REST | 2 minutes of easy <br> running followed <br> by 1 minute of <br> easy walking, for <br> a total distance of <br> 5 miles. |

## WEEK 7

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of <br> brisk walking. | REST | REST | 2 minutes of easy <br> running followed <br> by 2 minutes of <br> easy walking, | REST | 3 minutes of easy <br> running followed <br> by 1 minute of |
| repeated 9 times. |  |  |  |  |  |  |$\quad$| a total dikistanc, for of |
| :---: |
| 6 miles. |

## WEEK 8

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minures of brisk wolking | REST | REST | 4 minutes of easyrunning followedrunning golowed <br> by 1 minutes of easy waking,repeated 6 times | REST | 3 minutes of easyrunning followedrunning fiolowed <br> by 1 minute of easy waiking, fora total distance of 7 miles |

## WEEK 9

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of <br> brisk walking. | REST | REST | 4 minutes of easy <br> running followed <br> by 1 minutes of <br> easy walking, <br> repeated 7 times. | REST | 3 minutes of easy <br> running followed <br> by 1 minute of <br> easy walking, for <br> a total distance of <br> 8 miles. |

## WEEK 10

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of <br> brisk walking. | REST | REST | 4 minutes of easy <br> running followed <br> by 1 minutes of <br> easy walking, <br> repeated 7 times. | REST | 3 minutes of easy <br> running followed <br> by 1 minute of <br> easy walking, for <br> a total distance of <br> 10 miles. |

# 12 WEEK TRAINING PLAN great <run 

> EVENT DATE: SUNDAY 20 MAY 2018 GREATRUN.ORG/MANCHESTER

## WEEK 11

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of brisk walking. | REST | REST | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 5 times | REST | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles. |

## WEEK 12

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of <br> easy walking. | REST | REST | 30 minutes of <br> easy walking. | REST | EVENT DAY <br> GOOD LUCK! |

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