

## **Your 24 Week Half Marathon Plan**

<u><b>Week Of...</b></u>	<u><b>Weekday Workout 1</b></u>	<u><b>Weekday Workout 2</b></u>	<u><b>Weekend Workout</b></u>
<b>April 2nd</b>	<b>20 Minute Walk</b>	<b>20 Minute Walk</b>	<b>25 Minute Walk</b>
<b>April 9th</b>	<b>25 Minute Walk</b>	<b>25 Minute Walk</b>	<b>30 Minute Walk</b>
<b>April 16th</b>	<b>30 Minute Walk with 10 Minutes of Power Walking</b>	<b>30 Minute Walk with 10 Minutes of Power Walking</b>	<b>35 Minute Walk</b>
<b>April 23rd</b>	<b>30 Minute Walk with 15 Minutes of Power Walking</b>	<b>30 Minute Walk with 15 Minutes of Power Walking</b>	<b>35 Minute Walk</b>
<b>April 30</b>	<b>30 Minute Walk</b>	<b>30 Minute Walk</b>	<b>30 Minute Walk</b>

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<b>May 7th</b>	<b>30 Minute Walk with 15 Minutes of Power Walking</b>	<b>30 Minute Walk with 20 Minutes of Power Walking</b>	<b>35 Minute Walk</b>
<b>May 14th</b>	<b>30 Minute Walk with 20 Minutes of Power Walking</b>	<b>30 Minute Walk with 20 Minutes of Power Walking</b>	<b>40 Minute Walk</b>
<b>May 21st</b>	<b>30 Minute Walk</b>	<b>30 Minute Walk</b>	<b>3 Miles Easy</b>
<b>May 28th</b>	<b>30 Minute Walk with 10 Minutes of Power Walking</b>	<b>30 Minute Walk with 10 Minutes of Power Walking</b>	<b>4 Miles Easy</b>
<b>June 4th</b>	<b>30 Minute Walk with 15 Minutes of Power Walking</b>	<b>30 Minute Walk with 15 Minutes of Power Walking</b>	<b>5 Miles Easy</b>

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<b>June 11th</b>	<b>30 Minute Walk with 20 Minutes of Power Walking</b>	<b>30 Minute Walk with 20 Minutes of Power Walking</b>	<b>6 Miles Easy</b>
<b>June 18th</b>	<b>30 Minute Walk with 25 Minutes of Power Walking</b>	<b>30 Minute Walk with 25 Minutes of Power Walking</b>	<b>3 Miles Easy</b>
<b>June 25th</b>	<b>30 Minute Walk</b>	<b>30 Minute Walk</b>	<b>3 Miles Easy</b>
<b>July 2nd</b>	<b>35 Minute Walk</b>	<b>35 Minute Walk</b>	<b>4 Miles Easy</b>
<b>July 9th</b>	<b>35 Minute Walk</b>	<b>35 Minute Walk</b>	<b>2 Miles Briskly</b>

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<b>July 16th</b>	<b>40 Minute Walk</b>	<b>40 Minute Walk</b>	<b>5 Miles Easy</b>
<b>July 23rd</b>	<b>40 Minute Walk</b>	<b>40 Minute Walk</b>	<b>6 Miles Easy</b>
<b>July 30th</b>	<b>40 Minute Walk</b>	<b>40 Minute Walk</b>	<b>4 Miles Briskly</b>
<b>August 6th</b>	<b>45 Minute Walk</b>	<b>45 Minute Walk</b>	<b>7 Miles Easy</b>
<b>August 13th</b>	<b>45 Minute Walk</b>	<b>45 Minute Walk</b>	<b>8 Miles Easy</b>

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<b>August 20th</b>	<b>50 Minutes Walk</b>	<b>45 Minute Walk</b>	<b>6 Miles Briskly</b>
<b>August 27th</b>	<b>45 Minute Walk</b>	<b>45 Minute Walk</b>	<b>9 Miles Easy</b>
<b>September 3rd</b>	<b>45 Minute Walk</b>	<b>45 Minute Walk</b>	<b>10 Miles Easy</b>
<b>September 10th</b>	<b>30 Minute Walk</b>	<b>20 Minute Walk</b>	<b>13.1 Miles - YAY!!! You did it!!!</b>

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