

Your 21 Week Half Marathon Plan

| <u>Week Of...</u> | <u>Weekday Workout 1</u> | <u>Weekday Workout 2</u> | <u>Weekend Workout</u> |
|--------------------------|---|---|-------------------------------|
| April 23rd | 20 Minute Walk | 20 Minute Walk | 30 Minute Walk |
| April 30 | 30 Minute Walk | 30 Minute Walk | 30 Minute Walk |
| May 7th | 30 Minute Walk with 15 Minutes of Power Walking* | 30 Minute Walk with 20 Minutes of Power Walking* | 35 Minute Walk |
| May 14th | 30 Minute Walk with 20 Minutes of Power Walking | 30 Minute Walk with 20 Minutes of Power Walking | 40 Minute Walk |
| May 21st | 30 Minute Walk | 30 Minute Walk | 3 Miles Easy |

Jess' 26 Week Half Marathon Plan - *power walking means pushing the pace

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|--------------------------|--|--|-------------------------------|
| May 28th | 30 Minute Walk with 10 Minutes of Power Walking | 30 Minute Walk with 10 Minutes of Power Walking | 4 Miles Easy |
| June 4th | 30 Minute Walk with 15 Minutes of Power Walking | 30 Minute Walk with 15 Minutes of Power Walking | 5 Miles Easy |
| June 11th | 30 Minute Walk with 20 Minutes of Power Walking | 30 Minute Walk with 20 Minutes of Power Walking | 6 Miles Easy |
| June 18th | 30 Minute Walk with 25 Minutes of Power Walking | 30 Minute Walk with 25 Minutes of Power Walking | 3 Miles Easy |
| June 25th | 30 Minute Walk | 30 Minute Walk | 3 Miles Easy |

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|--------------------------|---------------------------------|---------------------------------|---|
| July 2nd | 35 Minute Walk | 35 Minute Walk | 4 Miles Easy |
| July 9th | 35 Minute Walk | 35 Minute Walk | 2 Miles Briskly (at least 16:00/mile pace) |
| July 16th | 40 Minute Walk | 40 Minute Walk | 5 Miles Easy |
| July 23rd | 40 Minute Walk | 40 Minute Walk | 6 Miles Easy |
| July 30th | 40 Minute Walk | 40 Minute Walk | 4 Miles Briskly (at least 16:00/mile pace) |

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| August 6th | 45 Minute Walk | 45 Minute Walk | 7 Miles Easy |
| August 13th | 45 Minute Walk | 45 Minute Walk | 8 Miles Easy |
| August 20th | 50 Minutes Walk | 45 Minute Walk | 6 Miles Briskly (at least 16:00/mile pace) |
| August 27th | 45 Minute Walk | 45 Minute Walk | 9 Miles Easy |
| September 3rd | 45 Minute Walk | 45 Minute Walk | 10 Miles Easy |

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|--------------------------|---------------------------------|---------------------------------|--|
| September 10th | 30 Minute Walk | 20 Minute Walk | 13.1 Miles - YAY!!! You did it!!! |

If you have questions, don't be afraid to ask. You can reach me at runluaurun@gmail.com.

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