RUN SOUTH LONDON

HALF MARATHON RUN WALK

12 WEEK TRAINING PLAN

It's a huge achievement to commit to a training plan and complete an event whether you run it, walk it or do a mixture of both. With our run-walk training schedule, you'll be on the road to success in no time.

Official Training Partner

Runna

HALF MARATHON RUN WALK

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WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	6 x (1 min easy run followed by 1 min of easy walk)	REST	REST	20 minutes brisk walking.	REST	1 min easy run followed by 1 min easy walk, for a total distance of 1 mile.

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes brisk walking.	REST	REST	10 x (1 min easy run followed by 1 min easy walk)	REST	1.5 min easy run followed by 1.5 min easy walk, for a total distance of 2 miles.

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	10 x (1 min easy run followed by 1 min easy walk)	REST	1.5 min easy run followed by 1.5 min easy walk, for a total distance of 2 miles.

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	5 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 3 miles.

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 4 miles.

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 5 miles.

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WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	9 x (2 min easy run followed by 2 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 6 miles.

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	6 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 7 miles.

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	7 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 8 miles.

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	7 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 10 miles.

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	5 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 5 miles.

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes easy walking.	REST	REST	30 minutes easy walking.	REST	**EVENT DAY** GOOD LUCK!