

## Half Marathon Training Programme Walk

Week	Week Commencing	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	20/7	10min		15min	15min		15min	20min
2	27/7	15		20	15		15	25
3	3/8	15		20	20		20	30
4	10/8	20		25	20		20	30
5	17/8	20		25	25		20	35
6	24/8	20		30	25		30	35
7	31/8	25		30	30		30	30
8	7/9	30		40	30		40	1hr
9	14/9	35		45	30		45	1hr
10	21/9	40		50	30		45	1hr
11	28/9	40		50	35		<b>Victory 5km</b>	1 ½hr
12	5/10	45		1hr	35		50	1 ½hr
13	12/10	45		1hr	40		50	1 ½hr
14	19/10	50		1 ¼hr	45		50	2hrs
15	26/10	1hr		1 ¼ hr	45		50	2 ½hrs
16	2/11	1hr		1 ¼hr	45		50	2 ½hrs
17	9/11	1hr		1 ¼hr	1hr		50	2 ½hrs
18	16/11	40		35	35		45	1hr
19	23/11	30		20	20	-	<b>Mahana Half</b>	

Thursday: Attempt to increase pace for 1/3 or time.

Example: 30min session. Walk 10min; Increase pace 10min; Walk 10min

The increase in pace should take you to a level where you could still talk but would prefer not to. You will get puffed.

Sunday: Include hills and off-road. Enjoy some of the region's awesome trails. This will give you strength and make you a stronger walker.