



2025

START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



16-WEEK WALKING HALF MARATHON TRAINING PLAN

This 16-week half marathon walking division training plan is designed especially for someone who has no fitness base. The plan is to exercise 4-5 days each week and gradually build from a 15-minute walk to a 4 hour walk (slightly faster than the 20-minute/mile pace requirement, so you have a little wiggle room on your pace!) and eventually incorporating some optional strength training. If you're aiming to complete this 16-week plan, you should begin your training on Monday, January 13, 2025.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 January 13-19	Rest	15 min. Walk	Rest	15 min. Walk	15 min Walk	Rest	2 miles Walk
2 January 20-26	Rest	20 min. Walk	Rest	20 min. Walk	20 min. Walk	Rest	2.5 miles Walk
3 Jan 27 - Feb 2	Rest	25 min. Walk	Rest	25 min. Walk	25 min. Walk	Rest	3 miles Walk
4 February 3-9	Rest	2.5 miles Walk	Rest	30 min. Walk	30 min. Walk	Rest	3.5 miles Walk



2025

START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY

GARMIN®

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 February 10-16	Rest	35 min. Walk	Rest	35 min. Brisk Walk	30 min. Walk	Rest	4 miles Walk
6 February 17-23	Rest	40 min. Walk	Rest	40 min. Brisk Walk	40 min. Walk	Rest	5 miles Walk
7 Feb 24 - Mar 2	Rest	40 min. Walk	Rest	45 min. Brisk Walk	40 min. Walk	Rest	6 miles Walk
8 March 3-9	Rest	40 min. Walk	Rest	50 min. Brisk Walk	40 min. Walk	Rest	7 miles Walk
9 March 10-16	Rest	40 min. Walk	Rest	55 min. Brisk Walk	40 min. Walk	Rest	8 miles Walk
10 March 17-23	Rest	40 min. Walk	Rest	60 min. Brisk Walk	40 min. Walk	Rest	9 miles Walk



2025

START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 March 24-30	Rest	40 min. Walk	Rest	60 min. Brisk Walk	40 min. Walk	Rest	10 miles Walk
12 Mar 31 - Apr 6	Rest	40 min. Walk	Rest	60 min. Brisk Walk	40 min. Walk	Rest	11 miles Walk
13 April 7-13	Rest	35 min. Walk	Rest	55 min. Brisk Walk	35 min. Walk	Rest	10 miles Walk
14 April 14-20	Rest	30 min. Walk	Rest	45 min. Brisk Walk	30 min. Walk	Rest	8 miles Walk
15 April 21-27	Rest	25 min. Walk	Rest	25 min. Brisk Walk	25 min. Walk	Rest	6 miles Walk
16 Apr 28 - May 4	Rest	30 min. Walk	Rest	20 min. Walk	15 min. Walk	Rest	



START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY

GARMIN®

NOTES:

Long Walks: Sunday will be your “long walk” days, gradually building you up from walking for 2 miles to walking for 11 miles. Focused on building endurance to prepare for the goal race distance. These walks are critical for increasing stamina and developing the ability to sustain effort over long distances. Monday will be a key rest day every week after your long walk - your muscles will need the break!

Brisk Walks: When the plan calls for a “brisk walk,” this means about 1-2 minutes/mile faster than your personal “slow walk.” The Half Marathon Walking Division has a time limit of 4 hours, 20 minutes - that’s about 20 minutes/mile (or 3 miles/hour). During the first four weeks of the plan, don’t worry about your pace at all - just focus on moving for the time prescribed. For the next eight weeks, you can think a bit about your pace but don’t worry about it too much - it’s more important to focus on distance. By the last four weeks of the training plan, your “brisk walk” should be at least 20 minutes/mile or faster.

Rest Days: Use them! If you’re new to training for an endurance event, you might be surprised by how quickly your body craves exercise! Don’t be tempted to do a heavy workout on your rest days - your body needs these rest days, especially as you ramp up your fitness and distance. You can also do something low-impact on these days like stretching or beginner yoga.

Cross Training: Rest days may include optional cross-training activities, such as strength training, cycling, swimming, or yoga, performed a few times a week to support overall fitness and injury prevention. For cardio cross training days, you can choose whatever low-impact cardio you like! Try swimming, using the rowing or elliptical machine, or cycling. This will get your heart rate up but be easy on your joints.