

16 WEEK

BEGINNER LEVEL

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RUN/WALK HALF MARATHON TRAINING PLAN

Run/walk method for brand new runners:

A standard run/walk ratio for those who are taking their first running steps is to run for 5 to 10 seconds during each minute of your run and walk for the rest of the minute. If all goes well, you can increase during the third week of the training plan to 10 to 20 seconds of running; walk for the rest of the minute. On the 5th week, increase to 20 to 30 seconds of running while walking for the rest of the minute—if all is well. If you are huffing and puffing, experiencing aches or pains, or struggling in any way, drop back to walking more and running less each minute. Remember, the walks are supposed to be slower than the runs—the speeds should be significantly different.

Run/walk method for beginners:

You will adjust the amount of each run/walk interval for your pace per mile. Beginner runners should continue running 10 to 20 seconds every minute for most of the long runs. Those who have been running for at least three months could use the chart on the right as a guide.

- 18 min mi : run 5 s / walk 30 s
- 17 min mi : run 10 s / walk 30 s
- 16 min mi : run 10 s / walk 30 s
- 15 min mi : run 15 s / walk 30 s
- 14 min mi : run 30 s / walk 30 s
- 13 min mi : run 30 s / walk 30 s
- 12 min mi : run 60 s / walk 30 s
- 11 min mi : run 60 s / walk 30 s
- 10 min mi : run 90 s / walk 30 s
- 9 min mi : run 2 min / walk 30 s
- 8 min mi : run 4 min / walk 30 s
- 7 min mi : run 6 min / walk 30 s

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	2 miles	off/cross train
2	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	3 miles	off/cross train
3	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	4 miles	off/cross train
4	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	5 miles	off/cross train
5	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	6 miles	off/cross train
6	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	7 miles	off/cross train
7	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	8 miles	off/cross train



8	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	9 miles	off/cross train
9	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	5 miles	off/cross train
10	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	10 miles	off/cross train
11	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	5 miles	off/cross train
12	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	12 miles	off/cross train
13	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	5 miles	off/cross train
14	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	14 miles	off/cross train
15	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	5 miles	off/cross train
16	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	<div>HALF MARATHON!</div>	off/cross train

**Cross train:** Choose something you enjoy that gives you a good cardio workout. Walking is always good cross training. You can also swim, bike, row, or use the elliptical.

**Saturdays/long runs:** Use the run/walk ratios that you use on Tuesdays and Thursdays. Remember, you can adjust these intervals throughout your training to find the ratio that works best.