

4-Week Beginner Plan

Choose this plan if your goal is to walk or walk/run a half marathon that is four weeks away and you're currently fit enough to comfortably walk/run 5 miles.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	INTERVAL RUN/WALK 5 min @ RPE 1+ 5 min @ RPE 2+ 3 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 30 min @ RPE 1-2 or REST	WALK 60 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1+ 5 min @ RPE 2+ 4 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 30 min @ RPE 1-2 or REST	LONG RUN/WALK 5 miles @ RPE 1-2
2	REST	INTERVAL RUN/WALK 5 min @ RPE 1+ 5 min @ RPE 2+ 5 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 35 min @ RPE 1-2 or REST	WALK 65 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1+ 5 min @ RPE 2+ 6 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 35 min @ RPE 1-2 or REST	LONG RUN/WALK 7 miles @ RPE 1-2
3	REST	INTERVAL RUN/WALK 5 min @ RPE 1+ 5 min @ RPE 2+ 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 40 min @ RPE 1-2 or REST	WALK 70 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1+ 5 min @ RPE 2+ 8 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 40 min @ RPE 1-2 or REST	LONG RUN/WALK 9 miles @ RPE 1-2
4	REST	INTERVAL RUN/WALK 5 min @ RPE 1+ 5 min @ RPE 2+ 4 x (2 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 45 min @ RPE 1-2 or REST	WALK 60 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1+ 5 min @ RPE 2+ 3 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	REST	HALF MARATHON!