

8-Week Beginner Plan

Choose this plan if your goal is to walk or walk/run a half marathon that is eight weeks away and you're currently fit enough to comfortably walk/run 3 miles.

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--------|--|--|---------------------------------|---|--|--|
| 1 | REST | FAST FINISH RUN 25 min @ RPE 2 + 5 min @ RPE 3 | OPTIONAL WALK, RUN or XT 30 min @ RPE 1-2 <i>or</i> REST | WALK 50 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 | OPTIONAL WALK, RUN or XT 30 min @ RPE 1-2 <i>or</i> REST | LONG RUN/WALK 3 miles @ RPE 1-2 |
| 2 | REST | FAST FINISH RUN 30 min @ RPE 2 + 5 min @ RPE 3 | OPTIONAL WALK, RUN or XT 35 min @ RPE 1-2 <i>or</i> REST | WALK 55 min @ RPE 1-2 | 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 <i>or</i> REST | LONG RUN/WALK 4 miles @ RPE 1-2 |
| 3 | REST | FAST FINISH RUN 30 min @ RPE 2 + 10 min @ RPE 3 | OPTIONAL WALK, RUN or XT 40 min @ RPE 1-2 <i>or</i> REST | WALK 60 min @ RPE 1-2 | 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 <i>or</i> REST | LONG RUN/WALK 5 miles @ RPE 1-2 |
| 4 | REST | FAST FINISH RUN 30 min @ RPE 2 + 5 min @ RPE 3 | OPTIONAL WALK, RUN or XT 35 min @ RPE 1-2 <i>or</i> REST | WALK 50 min @ RPE 1-2 | 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 <i>or</i> REST | LONG RUN/WALK 4 miles @ RPE 1-2 |
| 5 | REST | TEMPO RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 15 min @ RPE 3 + 5 min @ RPE 2 + 5 min @ RPE 1 | OPTIONAL WALK, RUN or XT 45 min @ RPE 1-2 <i>or</i> REST | WALK 65 min @ RPE 1-2 | 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 <i>or</i> REST | LONG RUN/WALK 6 miles @ RPE 1-2 |
| 6 | REST | TEMPO RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 18 min @ RPE 3 + 5 min @ RPE 2 + 5 min @ RPE 1 | OPTIONAL WALK, RUN or XT 45 min @ RPE 1-2 <i>or</i> REST | WALK 70 min @ RPE 1-2 | INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 5 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 <i>or</i> REST | LONG RUN/WALK 8 miles @ RPE 1-2 |
| 7 | REST | TEMPO RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 20 min @ RPE 3 + 5 min @ RPE 2 + 5 min @ RPE 1 | OPTIONAL WALK, RUN or XT 45 min @ RPE 1-2 <i>or</i> REST | WALK 70 min @ RPE 1-2 | INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 6 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 <i>or</i> REST | LONG RUN/WALK 10 miles @ RPE 1-2 |
| 8 | REST | TEMPO RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 15 min @ RPE 3 + 5 min @ RPE 2 + 5 min @ RPE 1 | OPTIONAL WALK, RUN or XT 45 min @ RPE 1-2 <i>or</i> 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! |