

TO PURCHASE THE DETAIL TRAINING GUIDE THAT GOES ALONG WITH THESE  
TRAINING SCHEDULES CLICK HERE:

***Walk-a-thon: The Ultimate Guide to Walking a Half Marathon or Marathon Race!***



The training schedules START ON THE NEXT PAGE.  
The training schedules provided are for WALKING a half marathon or marathon.

If you plan on run/walking or running a half marathon, please see my other training schedules at:

<https://halfmarathonforbeginners.com/resources/>

or click here to purchase my running half marathon training guide at:

# Walk-A-Thon Half Marathon (miles)

Week #	Mon.	Tue.	Wed.	Thur.	Fri.	Sat	Sun	Total Miles	Notes
1	4	CT	4	Rest	4	5	Rest	17	
2	4	CT	4	Rest	4	6	Rest	18	
3	4	CT	5	Rest	4	7	Rest	20	
4	4	CT	5	Rest	4	7	Rest	20	
5	4	CT	5	Rest	4	8	Rest	21	
6	4	CT	5	Rest	4	9	Rest	22	
7	4	CT	6	Rest	4	9	Rest	23	
8	4	CT	7	Rest	4	10	Rest	25	
9	4	CT	6	Rest	4	11	Rest	25	
10	4	CT	6	Rest	4	12	Rest	26	
11	4	CT	6	Rest	4	8	Rest	22	
12	4	CT	4	Rest	4	13.1 Race Day	Rest	25.1	

# Walk-A-Thon Half Marathon (kilometers)

Week #	Mon.	Tue.	Wed.	Thur.	Fri.	Sat	Sun	Total Miles	Notes
1	6.4	CT	6.4	Rest	6.4	8	Rest	27.2	
2	6.4	CT	6.4	Rest	6.4	9.6	Rest	28.8	
3	6.4	CT	8	Rest	6.4	11.2	Rest	32	
4	6.4	CT	8	Rest	6.4	11.2	Rest	32	
5	6.4	CT	8	Rest	6.4	12.8	Rest	33.6	
6	6.4	CT	8	Rest	6.4	14.4	Rest	35.2	
7	6.4	CT	9.6	Rest	6.4	14.4	Rest	36.8	
8	6.4	CT	11.2	Rest	6.4	16	Rest	40	
9	6.4	CT	9.6	Rest	6.4	17.6	Rest	40	
10	6.4	CT	9.6	Rest	6.4	19.2	Rest	41.6	
11	6.4	CT	9.6	Rest	6.4	12.8	Rest	35.2	
12	6.4	CT	6.4	Rest	6.4	21 Race Day	Rest	40.2	

# Walk-A-Thon Marathon (miles)

Week #	Mon.	Tue.	Wed.	Thur.	Fri.	Sat	Sun	Total Miles	Notes
1	4	CT	4	Rest	4	6	Rest	18	
2	4	CT	4	Rest	4	7	Rest	19	
3	4	CT	4	Rest	4	8	Rest	20	
4	4	CT	6	Rest	4	9	Rest	23	
5	4	CT	6	Rest	4	10	Rest	24	
6	4	CT	6	Rest	4	11	Rest	25	
7	4	CT	8	Rest	4	12	Rest	28	
8	6	CT	8	Rest	4	14	Rest	32	
9	6	CT	8	Rest	4	16	Rest	34	
10	4	CT	4	Rest	4	HM Race 13.1	Rest	25.1	
11	6	CT	6	Rest	4	14	Rest	30	
12	6	CT	8	Rest	4	16	Rest	34	
13	8	CT	10	Rest	4	18	Rest	40	
14	6	CT	10	Rest	4	20	Rest	40	
15	8	CT	10	Rest	4	22	Rest	44	
16	6	CT	8	Rest	4	18	Rest	36	
17	4	CT	6	Rest	4	12	Rest	26	
18	8	6	4	Rest	Rest	RACE 26.2	Rest	44.2	

# Walk-A-Thon Marathon (kilometers)

Week #	Mon.	Tue.	Wed.	Thur.	Fri.	Sat	Sun	Total Miles	Notes
1	6.4	CT	6.4	Rest	6.4	9.6	Rest	28.8	
2	6.4	CT	6.4	Rest	6.4	11.2	Rest	30.4	
3	6.4	CT	6.4	Rest	6.4	12.8	Rest	32	
4	6.4	CT	9.6	Rest	6.4	14.4	Rest	36.8	
5	6.4	CT	9.6	Rest	6.4	16	Rest	38.4	
6	6.4	CT	9.6	Rest	6.4	17.6	Rest	40	
7	6.4	CT	12.8	Rest	6.4	19.2	Rest	44.8	
8	9.6	CT	12.8	Rest	6.4	22.4	Rest	51.2	
9	9.6	CT	12.8	Rest	6.4	25.6	Rest	54.4	
10	6.4	CT	6.4	Rest	6.4	HM Race 21	Rest	40.2	
11	9.6	CT	9.6	Rest	6.4	22.4	Rest	48	
12	9.6	CT	12.8	Rest	6.4	25.6	Rest	54.4	
13	12.8	CT	16	Rest	6.4	28.8	Rest	64	
14	9.6	CT	16	Rest	6.4	32	Rest	64	
15	12.8	CT	16	Rest	6.4	35.2	Rest	70.4	
16	9.6	CT	12.8	Rest	6.4	28.8	Rest	57.6	
17	6.4	CT	9.6	Rest	6.4	19.2	Rest	42	
18	12.8	9.6	6.4	Rest	Rest	RACE 42	Rest	70.8	