

9-Week Training Plan to Run or Walk the Half Marathon

This starts with a long run of 4 miles. If this seems unrealistic, consider running the 5K instead or plan to do a Run-walk combination.

Run-walk suggestions -- Start with a 1:1 ratio (1 minute run: 1 minute walk). As you feel more comfortable with running, you can increase the running time and decrease the walking time.

Tracking Mileage –The Kaiser Permanente free mobile app Everybody Walk as well as websites such as www.mapmyrun.com will give you the mileage of your routes. Many smartphones have GPS capability as well, or you can drive the route in your car to find out.

Running pace suggestions – Short runs are often referred to as a “quality runs” and are used for working on things like speed and hills. Longer runs are for building endurance and should be taken at a comfortable pace. Many runners recommend running the first half of any long run, slower than the second half.

XT= cross training -- Biking, elliptical machine, swimming, and light weights can all help to improve your conditioning while allowing recovery of the “running muscles”.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Dec 4 - 10	Rest	3 m	XT	3 m	XT or Rest	Rest	4 m	10
Dec 11 - 17	Rest	3 m	XT	3 m	XT or Rest	Rest	5 m	11
Dec 18 - 24	Rest	3 m	XT	3 m	XT or Rest	Rest	6 m	12
Dec 25 - 31	Rest	3 m	XT	3 m	XT or Rest	Rest	7 m	13
Jan 1 - 7	Rest	3 m	XT	3 m	XT or Rest	Rest	8 m	14
Jan 8 - 14	Rest	3 m	XT	3 m	XT or Rest	Rest	3 m	9
Jan 15 - 21	Rest	3 m	XT	3 m	XT or Rest	Rest	11 m	17
Jan 22 - 28	Rest	3 m	XT	3 m	XT or Rest	Rest	12 m	18
Jan 29 - Feb 4	Rest	3 m	XT	3 m	XT or Rest	Rest	RACE	19.1