



Walk Half Marathon Training Program

The "Walk" Training Program is best suited for those who want to walk the half marathon or who have been inactive for the last year or more.

DAY MODE INTENSITY I-RATE SYSTEM HEART RATE	Monday Walk	Tuesday Cross-Training +ST	Wednesday Walk	Thursday Cross-Training +ST	Friday Walk/Rest	Saturday Walk	Sunday Rest Day
	Easy Effort 6-7 65-75%	Moderate Effort 7+ 70-75%	Moderate 7-8 75-80%	Moderate Effort 7+ 70-75%	Easy Effort 6-7 65-75%	Conversational Effort 7+ 70-75%	
WEEK 1 March 04, 2012	40 minutes	30-40 minutes	40 minutes	30-40 minutes	Rest	3 miles	Rest
WEEK 2 March 11, 2012	40 minutes	30-40 minutes	30 minutes	30-40 minutes	Rest	4 miles	Rest
WEEK 3 March 18, 2012	45 minutes	30-40 minutes	30 minutes	30-40 minutes	Rest	4 miles	Rest
WEEK 4 March 25, 2012	45 minutes	30-40 minutes	35 minutes	30-40 minutes	Rest	5 miles	Rest
WEEK 5 April 01, 2012	50 minutes	30-40 minutes	35 minutes	30-40 minutes	Rest	6 miles	Rest
WEEK 6 April 08, 2012	50 minutes	30-40 minutes	35 minutes	30-40 minutes	35 minutes	4 miles	Rest
WEEK 7 April 15, 2012	55 minutes	30-40 minutes	40 minutes	30-40 minutes	35 minutes	7 miles	Rest
WEEK 8 April 22, 2012	55 minutes	30-40 minutes	40 minutes Tempo Walk	30-40 minutes	35 minutes	8 miles	Rest
WEEK 9 April 29, 2012	60 minutes	30-40 minutes	40 minutes Tempo Walk	30-40 minutes	35 minutes	9 miles	Rest

WEEK 10 May 06, 2012	60 minutes	30-40 minutes	40 minutes Tempo Walk	30-40 minutes	Rest	6 miles	Rest
WEEK 11 May 13, 2012	60 minutes	30-40 minutes	40 minutes Tempo Walk	30-40 minutes	40 minutes	10 miles	Rest
WEEK 12 May 20, 2012	60 minutes	30-40 minutes	40 minutes Tempo Walk	30-40 minutes	40 minutes	8 miles	Rest
WEEK 13 May 27, 2012	50 minutes	30-40 minutes	40 minutes	30-40 minutes	40 minutes	6 miles	Rest
WEEK 14 June 03, 2012	45 minutes	Rest	40 minutes	15-20 minutes	Rest	Hospital Hill Run Half Marathon	Rest
Recovery Week 1	Rest	XT 20 minutes	Rest	XT 30 minutes	Rest	2 miles	Rest
Recovery Week 2	30 minutes	30 minutes	Rest	30 minutes	30 minutes	3 miles	Rest
Recovery Week 3	40 minutes	30 minutes	Rest	40 minutes	40 minutes	4 miles	Rest
Recovery Week 4	45 minutes	40 minutes	Rest	45 minutes	40 minutes	5 miles	Rest

SCHEDULE KEY

Warm-up 5 minutes at an easy pace prior to every workout. **Cool-down** 5 minutes at an easy pace after to every workout.

Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Heart Rate= Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-Rate= Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level.

Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Easy Pace: Easy to moderate pace at 65-75% of maximum heart rate or an iRate level of 6-7. A pace you could go at for along time easily.

Tempo Walk: Walk 10 min. at an easy pace repeat the following 4 times [walk 3 min. at comfortable pace - 2 min. at challenging pace just outside comfort zone] for a total of 20 minutes [3minutes easy + 2 minutes challenging 4 times = 20 minutes] Heart rate zone of 80-85% of maximum or I-Rate of 8+.

Moderate Pace: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

Endurance Walk= The Endurance Walk should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.

Conversational Pace= Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Hill Training: There are a variety of ways to prepare for the hills on race day. Walking a random hill course on the treadmill, hill repeats on one longish hill that takes you at least 30 seconds to climb, walking a hilly route in your neighborhood, or even parking lot ramps (be careful). If you are new to hills, start with one hill workout per week on Mondays or Wednesdays and 4 weeks later add a second hill workout. Watch the video How to Make Friends with Hills - to learn how to train and race a hilly course - it's not as hard as you may think!

Cross-Training= Include activities that are non walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for training. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Heart rate zone of 75-80% of maximum or I-Rate of 7-8.