

Training for the Maple City Walk - by Vivian Schmucker

Maple City Walk organizer, Julia Gautsche, has asked me to discuss how I have trained for the Maple City Walk Marathon. I'm no expert, but will share how I trained for my first MCW marathon in 2011 and also include my training schedule for last year's marathon.

"The Complete Guide to Marathon Walking" by Dave McGovern is an excellent training reference for marathon walkers. (Half-marathon walkers would also benefit from reading this book.) Most other books about marathon training are geared toward runners. However, I have gained a lot of good tips from reading these books as well. Training schedules vary from author to author, including the distance of the longest training walk or run. Dave McGovern recommends 20 miles. Some authors recommend 18 miles, while others recommend 23. Jeff Galloway even recommends a full marathon (26.2 miles).

Back in 2011 when I prepared for my first MCW marathon, I decided on 23 miles for my longest training walk. I started training in April and gradually increased my distance to 14 miles by Memorial Day weekend. After that, I completed walks of 17, 20, and 23 miles spaced about a month apart and did the 23 mile walk a month before the marathon. In between those walks I completed shorter walks of 8 to 12 miles on the weekends. During the week I completed 3 or 4 short walks of 1 to 4 miles.

Over the years I have included more long walks in my training as I felt comfortable. I continued to space the 20 and 23 mile walks about a month apart because that would give me more flexibility to make up the walk if I couldn't do it on the scheduled weekend due to inclement weather, illness, or other obligations.

Distance walking has become a way of life, and I have been taking walks of at least 8 miles almost every weekend for the past 2 or 3 years. So please don't feel overwhelmed with the marathon training schedule I used for the 2015 Maple City Walk. For simplicity, I only included the date, distance, and location of my weekend walks. Mileage for the outdoor walks was determined by my GPS watch. Mileage for the indoor walks was estimated based on my pedometer and the number of laps walked since my GPS couldn't track miles indoors.

During the winter, when I walked on the indoor track at the Goshen College Rec Fitness Center, I didn't walk for more than 2 hours because turning the same direction is hard on the joints. Reversing direction was not an option because the fitness center has a rule that everyone must walk or run in the same direction to avoid possible collisions. For longer indoor walks I used the basement at where I work. The loop was shorter, but I could reverse direction anytime I wanted to.

I always stretch before and after long walks. In addition, I have found it helpful to walk an additional mile or 2 at a leisurely pace later in the day because I feel so much better and considerably less sore the next day.

If you have a question about training for the Maple City Walk, feel free to post it on the Maple City Walk Facebook page, and a committee member will provide an answer.

2015 MCW Marathon Training Schedule

<u>Date</u>	<u>Miles</u>	<u>Location / Comments</u>
01-04-2015	9.00	Laps at Goshen College Rec Fitness Center
01-18-2015	9.20	Laps at Goshen College Rec Fitness Center
01-24-2015	11.20	Laps in basement where I work
02-01-2015	9.20	Laps at Goshen College Rec Fitness Center
02-08-2015	9.40	Laps at Goshen College Rec Fitness Center
02-14-2015	13.00	Laps in basement where I work
02-22-2015	9.20	Laps at Goshen College Rec Fitness Center
02-28-2015	13.20	Laps in basement where I work
03-08-2015	9.60	Laps at Goshen College Rec Fitness Center
03-15-2015	11.40	Pumpkinvine Trail
03-22-2015	9.60	Laps at Goshen College Rec Fitness Center
04-05-2015	14.00	Pumpkinvine Trail
04-12-2015	11.60	Pumpkinvine Trail
04-18-2015	14.00	Pumpkinvine Trail
04-26-2015	11.50	Pumpkinvine Trail
05-02-2015	17.00	Pumpkinvine Trail
05-09-2015	9.00	Pumpkinvine Trail
05-16-2015	17.00	Pumpkinvine Trail
05-23-2015	14.00	Pumpkinvine Trail
05-31-2015	20.00	Pumpkinvine Trail
06-06-2015	11.50	Pumpkinvine Trail
06-13-2015	15.00	Pumpkinvine Trail
06-19-2015	10.50	Pumpkinvine Trail
06-28-2015	20.00	Pumpkinvine Trail
07-04-2015	12.00	Pumpkinvine Trail
07-12-2015	8.50	Pumpkinvine Trail
07-18-2015	16.00	Goshen College & surrounding trails. Originally planned 23 miles but cut it to 16 miles because of high temps and humidity.
08-01-2015	11.50	Pumpkinvine Trail
08-08-2015	17.00	Pumpkinvine Trail
08-15-2015	12.50	Pumpkinvine Trail
08-22-2015	23.00	Pumpkinvine Trail
08-29-2015	12.00	Pumpkinvine Trail
09-05-2015	14.00	Pumpkinvine Trail
09-12-2015	8.50	Pumpkinvine Trail
09-19-2015	26.40	Maple City Walk - the distance was a little more than a marathon!