

HALF MARATHON – WALK – TRAINING PROGRAMS

BUILD SLOWLY Training to walk 13.1 miles requires putting in more miles, which increases injury risk. To stay healthy, ramp up mileage and intensity gradually, increasing mileage by no more than 10 percent each week. Stick to the workouts on the training plans, and resist the urge to add miles.

SIMULATE CONDITIONS During training, practice for the terrain and conditions you'll face on the day of the walk. If your walk is on the roads, do most of your walking on the roads. If your race starts at 8 a.m., plan several of your long walks for that time, so you can figure out what pre walk fueling strategy works for you. If the course has a long hill at mile eight, map out a long walk that follows that same pattern.

HAVE A PURPOSE FOR EACH WALK Make sure to take the long walks as hard days and the recovery walks easy. Many walkers make the mistake of walking too long on their easy days, which can lead to injury and burnout, and leave you too tired to give your all to long walks.

PRACTICE EATING AND DRINKING For any workout longer than 90 minutes, consume roughly 100 calories every 45 minutes. Try different sports drinks, gels, and chews to find out which brands and flavors sit best in your stomach. Find out what will be offered at the race so that you can test it out in training.

BREAK DOWN THE DISTANCE Thirteen-point-one miles can be intimidating, especially in the first few miles. So break it down into three segments: the first five miles, the middle five, and the final three-point-one. For the first five, think, Easy does it. Walk relaxed, and get into rhythm. For the next five, think, hold steady. You'll need to concentrate to maintain your pace. For the final 3.1, think, time to push. Barrel through fatigue, and remember how short the remaining distance is compared to the miles you walked in training.

BEGINNER WALKERS

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
1	Rest	4 miles	Rest	4 miles	Rest	4 miles	7 miles	20 mi.
2	Rest	4 miles	Rest	4 miles	Rest	4 miles	7 miles	20 mi.
3	Rest	5 miles	Rest	4 miles	Rest	4 miles	5 miles	17 mi.
4	Rest	3 miles,	Rest	6 miles	Rest	4 miles	8 miles	25 mi.
5	Rest	3 miles,	Rest	6 miles	Rest	4 miles	8 miles	25 mi.
6	Rest	3 miles	Rest	8 miles	Rest	8 miles	4 miles	26 mi.
7	Rest	3 miles	Rest	7 miles	Rest	6 miles	10 miles	31 mi.
8	Rest	5 miles	Rest	5 miles	Rest	5 miles	10 miles	26 mi.
9	Rest	4 miles,	Rest	2 miles easy	2 miles	HALF MARATHON		

INTERMEDIATE WALKERS

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
1	Rest	2 miles, 1x1200 PI(400), 2 mile	4 miles	1 mile, 2x2 miles PI (800), 1 mile	Rest	4 miles	9 miles	30 mi.
2	Rest	2 miles, 1x1200 PI(400), 2 miles	4 miles	1 mile, 2x2 miles PI (800), 1 mile	Rest	4 miles	9 miles,	30 mi.
3	Rest	5 miles	2 miles	3 miles	Rest	4 miles	6 miles	23 mi.
4	Rest	5 miles	4 miles	1 mile, 4 miles PI (800), 1 mile	Rest	5 miles	10 miles,	34 mi.
5	Rest	6 miles	4 miles	1 mile, 4 miles PI (800), 1 mile	Rest	5 miles	11 miles	35 mi.
6	Rest	1mile, 2x1200 PI (400), 1 mile	4 miles	8 miles,	Rest	8 miles	8 miles	32 mi.
7	Rest	6 miles	4 miles	1 mile, 3 miles PI (800), 1 mile	Rest	4 miles	13 miles,	36 mi.
8	Rest	6 miles	4 miles	1 mile, 4 miles PI (800), 1 mile	Rest	6 miles	6 miles	31 mi.
9	Rest	4 miles	4 miles	3 miles	3 miles easy	HALF MARATHON		

PI – Pace Intervals – Lengthy repetitions at goal half-marathon pace to build endurance and pace awareness. All numbers in parentheses are distance of recovery slow walk.