

LATE, LATE START WALKER TRAINING PLAN (7 weeks)



Congratulations on accepting the challenge to walk a half marathon! You are in for an amazing experience!

This plan is right for you if you've been walking or exercising regularly for the last three months and can walk continuously for an hour. Please check with your doctor before starting this or any exercise program. Here is an overview of the training plan to prepare you to walk 13.1 miles.

Feel free to adjust the days of the week that you do a particular walk to fit your schedule.

Let's Get Started

Consistency is key when training for a half marathon. The closer you adhere to the training schedule the better you'll feel and the more fun you'll have on race day! You'll also be likely to cross the finish line more quickly!

Here are the types of walks you'll be doing:

(Begin all of your walks with 3 to 5 minutes of easy walking to warm up and do the same at the end to cool down.)

- ***Brisk Walk (blue) to improve your fitness:*** Walk as if you're in a bit of a hurry. The effort should be somewhat hard so that it's a little difficult to speak in complete sentences, but you can still talk. Never push yourself to the point that you cannot speak.
- ***Long Walk (red) to build your endurance:*** For these walks, go a little slower at a moderate, purposeful pace. While you should feel some effort, you should be able to easily carry on a conversation, speaking in full sentences. The goal is endurance, not speed. *Times noted for Long Walks are just estimates to help with scheduling your walks. They are based on a 15- to 20-minute mile pace.* You can do **Long Walks** any day of the week to accommodate your schedule—just make sure you do a **Recovery Walk** the next day.

- **Recovery Walk (green) to ease stiffness and soreness from Long Walks:** Walk at an easy, window-shopping pace. The effort should be light enough that you could sing while you walk. These walks should *always* follow a **Long Walk** day.
- **Hill Walks (purple) to prepare you for the climb in the first two miles of the course:** (a gradual downhill after that, though!) Choose a hilly route or train on a treadmill for these walks. You could also use stairs. These are basically **Brisk Walks** for 30 to 45 minutes, but a portion of each walk should be uphill. You'll start with 10 minutes of incline and work up to 30 (times are noted on the training schedule). Don't forget to warm up at the beginning and cool down and stretch at the end.

You'll round out your plan with some **Cross Training**. By doing an alternate activity (swimming, cycling, yoga, strength training, etc.) you'll avoid burn out and boredom, and you'll work different muscles to reduce your risk of injury or overtraining.

A **Rest** day is also built into the schedule. Feel free to use your **Rest** day any day of the week to make it easier to fit your training into your schedule.

***“Nothing can stop the person with the right mental attitude from achieving his goal.
Nothing on earth can help the person with the wrong attitude.”
–Thomas Jefferson***



HERE WE GO!

You are taking your first steps toward greatness (see below) and a fun, empowering experience! You can do it!

Since this is a short training period, it is important to stick to the schedule as closely as possible, and don't miss walks. Remember you can adjust the day of the week that you do a walk, just make sure that you get them all in each week.

For **Hill Walks**, total walk time is in (). The first time noted is how long you should be climbing, ideally all at once. On the hill, slow down and focus on posture—stand tall! Don't lean into the hill.

***"You don't have to be great to start,
but you have to start to be great." –Zig Ziglar***

SEPTEMBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1: Sept 16-22	Brisk Walk 30 min	Hill Walk 10 min (30 total)	Cross train 20-30 min	Brisk Walk 45 min	Rest	Brisk Walk 30 min	Long Walk 5 miles (75-100 min)
Week 2: Sept 23-29	Recovery walk 20 min	Hill Walk 15 min (30 total)	Cross train 20-30 min	Brisk Walk 45 min	Rest	Brisk Walk 30 min	Long Walk 6 miles (90-120 min)



THE FINISH LINE IS IN SIGHT!

Time to increase the length of your **Hill Walks** up to 45 minutes. Keep your eyes up and stand tall as you climb. The training will pay off on race day!

After the longest **Long Walk**, you'll taper by reducing your training to ensure your body is well rested for the big day.

You should be very proud of yourself for all that you have accomplished! Now, get ready for the experience of a lifetime! Have FUN!!!

"The miracle isn't that I finished. The miracle is that I had the courage to start." -John Bingham

OCTOBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3: Sep 30-Oct 6	Recovery walk 20 min	Hill Walk 20 min (45 total)	Cross train 20-30 min	Brisk Walk 45 min	Rest	Brisk Walk 30 min	Long Walk 8 miles (120-160 min)
Week 4: Oct 7-13	Recovery walk 20 min	Hill Walk 25 min (45 total)	Cross train 20-30 min	Brisk Walk 45 min	Rest	Brisk Walk 45 min	Long Walk 9 miles (135-180 min)
Week 5: Oct 14-20	Recovery walk 20 min	Hill Walk 30 min (45 total)	Cross train 20-30 min	Brisk Walk 45 min	Rest	Brisk Walk 30 min	Long Walk 10 miles (150-200 min)
Week 6: Oct 21-27	Recovery walk 20 min	Brisk Walk 30 min	Cross train 20-30 min	Brisk Walk 60 min	Rest	Brisk Walk 45 min	Long Walk 5 miles (75-100 min)
Week 7: Oct 28-Nov 3	Recovery walk 20 min	Brisk Walk 30 min	Cross train 20-30 min	Rest	Recovery walk 20 min	Rest	Recovery walk 20 min