

A GENERAL PROGRAM FOR WALKING

A half marathon is generally not a beginner's race distance. It is advisable to have trained for and participated in shorter distance race events prior to attempting a half marathon.

Even for a basic walking program, you should check with your doctor before beginning an exercise program if you have not been engaged in regular moderate activity. A good training program usually consists of 3 to 4 days of walking each week. If possible include the following in your weekly schedule:

One day at a faster pace (Tempo Walk) - A Tempo is a steady state fast workout. Push yourself a little this day, but don't push so hard you cannot complete the scheduled distance. Be sure to warm up at the beginning of your workout. If you have not been on a walking or exercise program, do not start tempo walks until after week two. You can start by walking briskly for one minute intervals. Then recover for one minute and repeat. As you feel comfortable, increase the interval of brisk walking. Eventually you should be able to work up to completing the entire distance at a brisker pace.

One long distance day (LSD) - These distance building walks should be done at a comfortable pace...faster than easy, but slow enough to finish the distance. For our purposes based on the schedule below, consider the longest walk of the week your distance day.


Cross training - Keep your body moving with aerobic cross training. This will rest your walking muscles, while strengthening muscles not used during walking. Cross training once or twice each week will improve your overall fitness level, endurance, and strength. Strength training is a form of cross training. Strength training helps strengthen muscles that are vital while walking and actually helps to prevent injury. If you do not engage in strength training with weights, activities such as bicycling, yoga, mowing grass, gardening or sweeping and mopping for 30 minutes will give much of the same benefits. You just need to elevate your heart rate and use different muscles.

HALF MARATHON TRAINING SCHEDULE (12 Week)

Strength Training - may substitute for cross training.

Sunday - Walk at an easy pace or participate in easy cross training for a minimum of 30-45 minutes.

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|--------|-----------|-----------|----------|--------|---------------------------|---|
| 1 Sep 22 | Open | 2.0 miles | 2.5 miles | CT* | Rest | 3.5 miles | 30 min easy walk or CT* RACE* |
| 2 Sep 29 | Rest | 3.0 miles | 3.5 miles | CT* | Rest | 4.5 miles | 30 min easy walk or CT* |
| 3 Oct 6 | Rest | 3.5 miles | 4.5 miles | CT* | Rest | 5.5 miles RACE* | 35 min easy walk or CT* |
| 4 Oct 13 | Rest | 3.5 miles | 5.5 miles | CT* | Rest | 6.5 miles | 35 min easy walk or CT* |
| 5 Oct 20 | Rest | 3.5 miles | 6.5 miles | CT* | Rest | 7.5 miles | 35 min easy walk or CT* |
| 6 Oct 27 | Rest | 3.5 miles | 6.0 miles | CT* | Rest | 8.5 miles | 35-40 min easy walk or CT* *(DST ends)* |
| 7 Nov 3 *(DST ends)* | Rest | 3.5 miles | 6.0 miles | CT* | Rest | 10.0 miles | 40-45 min easy walk or CT* |

| | | | | | | | |
|--------------|------|-----------|-----------|---|-----------|------------|--|
| 8 Nov 10 | Rest | 3.5 miles | 6.0 miles | CT* | Rest | 11.0 miles | 40-45 min easy walk or CT* RACE* |
| 9 Nov 17 | Rest | 3.5 miles | 6.0 miles | CT* | Rest | 12.0 miles | 40-45 min easy walk or CT* |
| 10 Nov 24 | Rest | 3.5 miles | 6.5 miles | CT* THANKS GIVING  DAY RACE* | Rest | 13.0 miles | 40-45 min easy walk or CT* |
| 11 Dec 1 | Rest | 3.0 miles | 4.0 miles | CT* | Rest | 12.0 miles | 40-45 min easy walk or CT* |
| 12 Dec 8 | Rest | 5.0 miles | 3.0 miles | CT* | 2.0 miles | Rest | OMR HALF RACE DAY |

*CT=Cross Train

RACE*

Sep 28: KELSEY BRADLEY FAVROT 5K RUN WALK

Oct 11: OKTOBERFEST RUN WALK

Nov 16: AL BRIEDE GOLD CUP

Nov 27: TURKEY DAY RACE

A plan for beginner strength training which you may find easy if you are just starting:

<https://www.self.com/gallery/total-body-beginner-workout-12-minutes>