

## NEW WALKER TRAINING PLAN (4 months)



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're just getting started and haven't been walking or exercising regularly in the last three months. 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.*

### July: Build a Walking Habit

Your goal is to simply start walking—every day! You'll begin with just 15 minutes, and then you'll gradually increase the length of your walks. Walk at a moderate, purposeful pace, as if you have some place to be—no window-shopping strolling.

As your walks increase, you can break them up, for example instead of walking 30 minutes all at once you could do 15 minutes in the AM and 15 minutes in the PM. Or take three 10-minute walks throughout the day. You can do these Short Bouts on days noted SB. On other days, you should walk the recommended time all at once. This will help prepare you for longer walks in the coming months.

### August: Pick Up the Pace

This month, you'll add **Brisk Walks**. You'll also build your endurance with **Long Walks** that have distance instead of time goals. Begin your **Brisk Walks** and **Long Walks** with 3 to 5 minutes of easy walking to warm up and do the same at the end to cool down. Here are descriptions of the walks you'll be adding to your schedule:

- **Brisk Walk (blue):** 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):** Walk at a similar pace to the walks you've been doing up to now—a moderate, purposeful pace. While you should feel some effort, you should still 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):** 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 to help reduce stiffness.

Mid-month, you'll swap out one walk for 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.

You'll also notice **Walks** are still on your schedule. These are a continuation of the moderate paced walks that you've been doing, and you can break these up throughout the day if you prefer.

## September: Go Longer

This is when your **Long Walks** really start to get longer. Don't worry; they build up gradually—just an extra mile each week. It's totally doable! There are also **Long Walk Breaks** (shorter mileage days) that provide an opportunity for flexibility. You can switch the week that you do these if needed. For example, if you're on vacation September 24 when you're supposed to do a 9-miler, you can wait to do it the following week (October 1) instead of the recommended 5-miler that day. Ideally, you'll do the 5-miler on September 24 in place of the 9 instead of just skipping a **Long Walk** while you're on vacation.

You'll also add **Brisk Hill Walks** to prepare for the climb that is in the first two miles of the course—but after that, it's a gradual downhill to the finish line!!!

## October & November: Prepare for Race Day

Two more **Long Walks**, then you'll begin to taper your training, cutting back on your distance and decreasing the intensity of your walks. This will ensure that you're well rested, and your body is ready for the big day. Tapering is just as important to a successful half marathon as the rest of your training so follow the schedule (you can adjust the days if needed) and get ready for a fun half marathon!

***“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***



## READY, SET, WALK!

Your goal is to simply start walking—every day—to make it a habit. Walk at a moderate pace, as if you have some place to be—no window-shopping strolling.

As walks increase, you can break some walks up into short bouts (SB) of 10 or 15 minutes and do them throughout the day. On days without SB, you should walk the recommended time all at once.

*“A journey of a thousand miles (or 13.1) begins with a single step.” –Lao-tzu*

## JULY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1: July 3-9</b>		Happy 4 <sup>th</sup> !!!	15 min Walk	15 min Walk	15 min Walk	15 min Walk	20 min Walk
<b>Week 2: July 10-16</b>	20 min Walk	15 min Walk	20 min Walk (SB)	20 min Walk	15 min Walk	20 min Walk (SB)	30 min Walk
<b>Week 3: July 17-23</b>	30 min Walk	20 min Walk	30 min Walk (SB)	30 min Walk	20 min Walk	30 min Walk (SB)	45 min Walk
<b>Week 4: July 24-30</b>	30 min Walk (SB)	30 min Walk	30 min Walk (SB)	45 min Walk	30 min Walk	30 min Walk (SB)	60 min Walk



## TRAINING IS IN FULL SWING!

You'll pick up your pace with **Brisk Walks**, but go easy for **Long Walks**—you can do it! (You can shift walks to any day of the week to best fit your schedule.)

Mid-month you'll start **Cross Training**—swimming, cycling, yoga, Zumba, or strength training—to avoid burn out and work alternate muscles.

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

## AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 5: July 31- Aug 6</b>	Recovery walk 15 min	30 min Walk (SB)	Brisk Walk 20 min	30 min Walk (SB)	Brisk Walk 20 min	30 min Walk (SB)	Long Walk 3 miles (45-60 min)
<b>Week 6: Aug 7-13</b>	Recovery walk 15 min	30 min Walk (SB)	Brisk Walk 25 min	Rest	Brisk Walk 25 min	30 min Walk (SB)	Long Walk 4 miles (60-80 min)
<b>Week 7: Aug 14-20</b>	Recovery walk 15 min	Brisk Walk 30 min	Cross train 20-30 min	Rest	Brisk Walk 30 min	30 min Walk (SB)	Long Walk 5 miles (75-100 min)
<b>Week 8: Aug 21-27</b>	Recovery walk 15 min	Brisk Walk 30 min	Cross train 20-30 min	Rest	Brisk Walk 40 min	30 min Walk (SB)	Long Walk 6 miles (90-120 min)
<b>Week 9: Aug 28-Sept 3</b>	Recovery walk 15 min	Brisk Walk 30 min	Cross train 20-30 min	Rest	Brisk Walk 50 min	30 min Walk (SB)	Long Walk 7 miles (105-140 min)



## KEEP IT UP!

You're going to take your training to new heights as you start to do **Brisk Hill Walks**. Slow your pace for these walks and focus on your posture—stand tall! Don't lean into the hill. Your legs and butt will really get a workout, becoming stronger and more toned. By Race Day, they'll be strong so you can tackle the hill at the start of the course.

**Long Walks** are also increasing. Remember, you can do them on a different day of the week, for example Sunday instead of Saturday, if it's more convenient. Just do a **Recovery Walk** the following day.

*"It's supposed to be hard. If it wasn't hard, everyone would do it. The hard is what makes it great." –Tom Hanks*

## SEPTEMBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 10: Sept 4-10</b>	Recovery walk 15 min	Brisk Hill Walk 10 min	Cross train 20-30 min	Rest	Brisk Walk 60 min	30 min Walk (SB)	Long Walk Break 4 miles (60-80 min)
<b>Week 11: Sept 11-17</b>	Recovery walk 20 min	Brisk Hill Walk 15 min	Cross train 20-30 min	Rest	Brisk Walk 45 min	30 min Walk (SB)	Long Walk 8 miles (120-160 min)
<b>Week 12: Sept 18-24</b>	Recovery walk 20 min	Brisk Hill Walk 15 min	Cross train 20-30 min	Rest	Brisk Walk 45 min	30 min Walk (SB)	Long Walk 9 miles (135-180 min)
<b>Week 13: Sept 25-Oct 1</b>	Recovery walk 20 min	Brisk Hill Walk 20 min	Cross train 20-30 min	Rest	Brisk Walk 60 min	30 min Walk (SB)	Long Walk break 5 miles (75-100 min)



## THE FINISH LINE IS IN SIGHT!

Get ready for your longest walks. If you've been following the plan, then you've got this! After those, you'll ease up on your training to ensure your body is ready for the big day. Tapering is just as important as your longest walks so no slacking off now.

You should be very proud of yourself for all that you have accomplished! Now get ready for the experience of a lifetime as you line up at the start line! 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
<b>Week 14:</b> Oct 2-8	Recovery walk 20 min	Brisk Hill Walk 25 min	Cross train 20-30 min	Rest	Brisk Walk 30 min	30 min Walk (SB)	Long Walk 10 miles (150-200 min)
<b>Week 15:</b> Oct 9-15	Recovery walk 20 min	Brisk Hill Walk 25 min	Cross train 20-30 min	Rest	Brisk Walk 60 min	30 min Walk (SB)	Long Walk break 5 miles (75-100 min)
<b>Week 16:</b> Oct 16-22	Recovery walk 20 min	Brisk Hill Walk 30 min	Cross train 20-30 min	Rest	Brisk Walk 30 min	30 min Walk (SB)	Long Walk 11 miles (165-220 min)
<b>Week 17:</b> Oct 23-29	Recovery walk 20 min	Brisk Walk 30 min	Cross train 20-30 min	Rest	Brisk Walk 45 min	30 min Walk (SB)	Long Walk break 6 miles (90-120 min)
<b>Week 18:</b> Oct 30-Nov 5	Recovery walk 20 min	Brisk Walk 30 min	Cross train 20-30 min	Rest	Recovery walk 20 min	Rest	Recovery walk 20 min