

# NEW WALKER TRAINING PLAN

## 20 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'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.

### mid June to mid July: Build a Walking Habit

Your goal is to simply start walking—every day! You'll begin with just 10 minutes, and then you'll gradually increase the length of your walks. 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.

On days where 1X is noted, you should walk the recommended time all at once. This will help prepare you for longer walks in the coming months.

Walk at a moderate, purposeful pace, as if you have some place to be—no window-shopping strolling. You don't have to worry about distance yet, just do the time.

### Mid July to August: Pick Up the Pace

Now, you'll start to pick up the pace with **Brisk Walks**. You'll also begin to build your distance 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*
- **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.

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.

### August to mid October: Go Longer

This is when your long walks 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 26 when you're supposed to do a 10-miler, you can wait to do it the following week (October 3) instead of the recommended 5-miler that day. Ideally, you'll do the 5-miler on September 26 in place of the 10 instead of just skipping a **Long Walk** while you're on vacation. You can also schedule your **Long Walks** on a different day of the week, for example Sunday instead of Saturday, if it's more convenient. Just remember to do a **Recovery Walk** the following day.

And instead of walking almost every day of the week, you'll swap out one walk for some **Cross Training** this month. 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.

### Mid October to November: Prepare for Race Day

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*



## DELAWARE & LEHIGH HERITAGE HALF MARATHON RUN/WALK

# June

# 2015

### READY, SET, WALK!

Your goal is to simply start walking—every day—to make walking a habit.

Remember, as your walks increase, you can break them up into short (10 to 15 minute) bouts of walking throughout the day.

On days were 1X is noted, you should walk the recommended time all at once.

Walk at a moderate pace, as if you have some place to be—no window-shopping strolling.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 10 min Walk (1X)	16 10 min Walk (1X)	17 10 min Walk (1X)	18 10 min Walk (1X)	19 10 min Walk (1X)	20 15 min Walk (1X)
21 15 min Walk (1X)	22 15 min Walk (1X)	23 15 min Walk (1X)	24 15 min Walk (1X)	25 15 min Walk (1X)	26 15 min Walk (1X)	27 20 min Walk (1X)
28 20 min Walk	29 20 min Walk (1X)	30 20 min Walk (1X)				



**YOU'RE ON YOUR WAY!**

You'll continue to build your walking habit for the first two weeks of this month. Then you'll start to pick up the pace with **Brisk Walks** and increase your distance with **Long Walks**.

Here are brief descriptions of the walks (see intro for more details). Don't forget to warm up and cool down:

**BRISK WALK**

Walk as if you're in a bit of a hurry.

**LONG WALK**

Walk at a moderate, purposeful pace, as if you have some place to be.

**RECOVERY WALK**

Walk at an easy, window-shopping pace.

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

July

2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			20 min Walk <sup>1</sup>	20 min Walk <sup>2</sup> (1X)	20 min Walk <sup>3</sup> (1X)	30 min Walk <sup>4</sup> (1X)
30 min Walk <sup>5</sup>	30 min Walk <sup>6</sup> (1X)	30 min Walk <sup>7</sup> (1X)	30 min Walk <sup>8</sup>	30 min Walk <sup>9</sup> (1X)	30 min Walk <sup>10</sup> (1X)	45 min Walk <sup>11</sup>
Brisk walk <sup>12</sup> 15 min (1X)	Walk <sup>13</sup> 30 min	Brisk walk <sup>14</sup> 15 min (1X)	Walk <sup>15</sup> 30 min (optional)	Brisk walk <sup>16</sup> 15 min (1X)	Walk <sup>17</sup> 30 min	Long Walk <sup>18</sup> 3 miles (1X) (45-60 min)
Recovery walk <sup>19</sup> 15 min (1X)	Walk <sup>20</sup> 30 min	Brisk walk <sup>21</sup> 15 min (1X)	Walk <sup>22</sup> 30 min (optional)	Brisk walk <sup>23</sup> 20 min (1X)	Walk <sup>24</sup> 30 min	Long Walk <sup>25</sup> 4 miles (1X) (60-80 min)
Recovery walk <sup>26</sup> 15 min (1X)	Walk <sup>27</sup> 30 min	Brisk walk <sup>28</sup> 20 min (1X)	Walk <sup>29</sup> 30 min (optional)	Brisk walk <sup>30</sup> 20 min (1X)	Walk <sup>31</sup> 30 min	



## TRAINING IS IN FULL SWING

This month you're swapping a walk for **Cross Training**—doing an activity that's different from walking, such as swimming, cycling, yoga, Zumba, or strength training—to avoid burn out and work alternate muscles.

The **Long Walks** are getting longer. Remember, the goal is endurance, not speed for these walks. You can push your pace on **Long Walk Breaks** (shorter mileage walks) if you desire. And don't forget the **Recovery Walks**. They are a good way to get the blood pumping and ease stiffness and soreness after **Long Walks**. And the longer the walks the more you'll appreciate the **Recovery Walks**.

*"Belief in oneself is one of the most important bricks in building any successful venture."—Lydia M. Child*

# August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>Long Walk</b> 4 miles (1X) (60-80 min)
2 <b>Recovery walk</b> 15 min (1X)	3 <b>Brisk walk</b> 30 min (1X)	4 <b>Cross train</b> 20-30 min	5 <b>Rest</b>	6 <b>Brisk walk</b> 30 min (1X)	7 <b>Walk</b> 30 min	8 <b>Long Walk</b> 5 miles (1X) (75-100 min)
9 <b>Recovery walk</b> 15 min (1X)	10 <b>Brisk walk</b> 30 min (1X)	11 <b>Cross train</b> 20-30 min	12 <b>Rest</b>	13 <b>Brisk walk</b> 30 min (1X)	14 <b>Walk</b> 30 min	15 <b>Long Walk</b> 6 miles (1X) (90-120 min)
16 <b>Recovery walk</b> 15 min (1X)	17 <b>Brisk walk</b> 30 min (1X)	18 <b>Cross train</b> 20-30 min	19 <b>Rest</b>	20 <b>Brisk walk</b> 30 min (1X)	21 <b>Walk</b> 30 min	22 <b>Long Walk</b> break 3 miles (1X) (45-60 min)
23 <b>Recovery walk</b> 15 min (1X)	24 <b>Brisk walk</b> 30 min (1X)	25 <b>Cross train</b> 20-30 min	26 <b>Rest</b>	27 <b>Brisk walk</b> 30 min (1X)	28 <b>Walk</b> 30 min	29 <b>Long Walk</b> 7 miles (1X) (105-140 min)
30 <b>Recovery walk</b> 15 min (1X)	31 <b>Brisk walk</b> 45 min (1X)					





## KEEP IT UP!

You are more than half way through your training!  
Congratulations!

This can be a particularly busy time of the year so it may take a little extra effort to stay on track—but you can do it!

Remember, that you can shift the days that you do your **Long Walk** or **Cross Train** or even when you take a **Rest** day so they best fit your schedule.

*"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 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cross train 20-30 min	2 Rest	3 Brisk walk 30 min (1X)	4 Walk 30 min	5 Long Walk 8 miles (1X) (120-160 min)
6 Recovery walk 20 min (1X)	7 Brisk walk 45 min (1X)	8 Cross train 20-30 min	9 Rest	10 Brisk walk 30 min (1X)	11 Walk 30 min	12 Long Walk break 4 miles (1X) (60-80 min)
13 Recovery walk 20 min (1X)	14 Brisk walk 60 min (1X)	15 Cross train 20-30 min	16 Rest	17 Brisk walk 30 min (1X)	18 Walk 30 min	19 Long Walk 9 miles (1X) (135-180 min)
20 Recovery walk 20 min (1X)	21 Brisk walk 60 min (1X)	22 Cross train 20-30 min	23 Rest	24 Brisk walk 30 min (1X)	25 Walk 30 min	26 Long Walk 10 miles (1X) (150-200 min)
27 Recovery walk 20 min (1X)	28 Brisk walk 45 min (1X)	29 Cross train 20-30 min	30 Rest			



## THE FINISH LINE IS IN SIGHT!

Midway through the month, you'll taper your training, cutting back on distance and intensity, to ensure that your body is well recovered and rested for the big day. Tapering is just as important as your longest walks so no slacking off now.

Then, get ready for the experience of a lifetime as you line up at the start line. You should be very proud of yourself for all that you have accomplished!

And, have FUN!!!

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

# October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Brisk walk 30 min (1X)	2 Walk 30 min	3 Long Walk break 5 miles (1X) (75-100 min)
4 Recovery walk 20 min (1X)	5 Brisk walk 60 min (1X)	6 Cross train 20-30 min	7 Rest	8 Brisk walk 30 min (1X)	9 Walk 30 min	10 Long Walk 11 miles (1X) (165-220 min)
11 Recovery walk 20 min (1X)	12 Brisk walk 30 min (1X)	13 Cross train 20-30 min	14 Rest	15 Brisk walk 30 min (1X)	16 Walk 30 min	17 Long Walk 12 miles (1X) (180-240 min)
18 Recovery walk 20 min (1X)	19 Brisk walk 30 min (1X)	20 Cross train 20-30 min	21 Rest	22 Brisk walk 30 min (1X)	23 Walk 30 min	24 Long Walk break 6 miles (1X) (90-120 min)
25 Recovery walk 20 min (1X)	26 Brisk walk 30 min (1X)	27 Cross train 20-30 min	28 Rest	29 Recovery walk 20 min (1X)	30 Rest	31 Recovery walk 20 min (1X)
November 1 RACE DAY!!!						