

## 1/2 Marathon Walking Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
week 1	1 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	2 hour walk - flat	off	base
week 2	1 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	2 hour walk - flat	off	base
week 3	1 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	2.5 hour walk - hills	off	base
week 4	1 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	2 hour walk - flat	off	recovery
week 5	1.5 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	2.5 hour walk - flat	off	base
week 6	1.5 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	2.5 hour walk - flat	off	base
week 7	1.5 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	3 hour walk - hills	off	build
week 8	1 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	2.5 hour walk - flat	off	recovery
week 9	2 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	3 hour walk - flat	off	base
week 10	2 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	3 hour walk - flat	off	build
week 11	2 hour walk - flat	cross train - 60:00	6 mile walk - hills	cross train - 60:00	cross train - 60:00	3.5 hour walk - hills	off	build
week 12	1 hour walk - flat	cross train - 60:00	off	cross train - 60:00	cross train - 60:00	off	race day	taper

### Training Key

- Base Run** Easy to moderate effort. Heart Rate or Perceived Exertion between 75-80% of max. Course should be mainly flat. Effort very sustainable
- Tempo Run** Moderate to hard effort. Strong but sustainable effort with HR or PE between 80-90% of max. Great time for small hills or to push comfort zone slightly
- Intervals** Hard to max efforts with equal recovery or longer. Track work, hill repeats and treadmill sets all work great. Efforts well above comfort zone
- Cross-Train** Can be anything but running. Cardio machine for 60:00 or a class like cycling, yoga, pilates.