

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Walk-Run +ST	Cross-Training	Walk-Run +ST	Rest Day	Cross-Training	Walk-Run Endurance	Rest Day
INTENSITY	Moderate	Moderate	Moderate		Moderate	Conversational Pace	
i-RATE SCALE	7-8	7-8	7-8		7-8	6-7	
HEART RATE	70-75%	70-75%	70-75%		75-80%	65-75%	
WEEK 1	32 minutes Run 1 min/Walk 3 min Repeat 8 times	30-40 minutes	32 minutes Run 1 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	3 miles Run 1 min/Walk 3 min Repeat continuously	Rest
WEEK 2	32 minutes Run 1 min/Walk 3 min Repeat 8 times	30-40 minutes	32 minutes Run 1 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	4 miles Run 1 min/Walk 3 min Repeat continuously	Rest
WEEK 3	32 minutes Run 1 min/Walk 3 min Repeat 8 times	30-40 minutes	36 minutes Run 1 min/Walk 3 min Repeat 9 times	Rest	30-40 minutes	5 miles Run 1 min/Walk 3 min Repeat continuously	Rest
WEEK 4	36 minutes Run 1 min/Walk 3 min Repeat 9 times	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	6 miles Run 1 min/Walk 3 min Repeat continuously	Rest
WEEK 5	36 minutes Run 1 min/Walk 3 min Repeat 9 times	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	4 miles Run 2 min/Walk 3 min Repeat continuously	Rest
WEEK 6	36 minutes Run 1 min/Walk 3 min Repeat 9 times	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest	30-40 minutes	7 miles Run 2 min/Walk 3 min Repeat continuously	Rest
WEEK 7	40 minutes Run 1 min/Walk 3 min Repeat 10 times	30-40 minutes	45 minutes Run 2 min/Walk 3 min Repeat 9 times	Rest	30-40 minutes	8 miles Run 2 min/Walk 3 min Repeat continuously	Rest
WEEK 8	40 minutes Run 1 min/Walk 3 min Repeat 10 times	30-40 minutes	44 minutes Run 2 min/Walk 2 min Repeat 11 times	Rest	30-40 minutes	9 miles Run 2 min/Walk 3 min Repeat continuously	Rest
WEEK 9	40 minutes Run 1 min/Walk 3 min Repeat 10 times	30-40 minutes	44 minutes Run 2 min/Walk 2 min Repeat 11 times	Rest	30-40 minutes	6 miles Run 2 min/Walk 2 min Repeat continuously	Rest
WEEK 10	44 minutes Run 2 min/Walk 2 min Repeat 11 times	30-40 minutes	48 minutes Run 2 min/Walk 2 min Repeat 12 times	Rest	30-40 minutes	10 miles Run 2 min/Walk 2 min Repeat continuously	Rest
WEEK 11	44 minutes Run 2 min/Walk 2 min Repeat 11 times	30-40 minutes	44 minutes Run 2 min/Walk 2 min Repeat 11 times	Rest	30-40 minutes	8 miles Run 2 min/Walk 2 min Repeat continuously	Rest
WEEK 12	40 minutes Run 2 min/Walk 2 min Repeat 10 times	30-40 minutes	44 minutes Run 2 min/Walk 2 min Repeat 11 times	Rest	30-40 minutes	6 miles Run 2 min/Walk 2 min Repeat continuously	Rest
WEEK 13	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30 minutes Run 1 min/Walk 2 min Repeat 6 times	Rest	Race Day! Run/Walk 2/2
RECOVERY WEEK 1	Rest	XT 20 minutes	Rest	XT 30 minutes	Rest	3 miles R/W: 1/2	Rest
RECOVERY WEEK 2	40 minutes R/W: 2/2	XT 30 minutes	40 minutes R/W: 2/2	Rest	XT 30 minutes	4 miles R/W: 1/2	Rest
RECOVERY WEEK 3	40 minutes R/W: 2/2	XT 40 minutes	40 minutes R/W: 2/2	Rest	XT 40 minutes	5 miles R/W: 1/2	Rest
RECOVERY WEEK 4	40 minutes R/W: 2/2	XT 40 minutes	40 minutes R/W: 2/2	Rest	XT 40 minutes	6 miles R/W: 1/2	Rest

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every walk-run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every walk-run workout to gradually bring heart rate and breathing back to normal levels.

i-Rate: Scale A way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Heart Rate: If you have a heart rate monitor; maintain a range between the prescribed percentages. . .i.e.65-75% of estimated maximum heart rate.

Walk-Run Workout: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 2 minute - Walk 2 minutes - repeat sequence 10 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

Flexibility Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Cross-Training: Include activities that are non walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer; stairmaster; spinning are great cross training modes for training. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Heart rate zone of 75-80% of maximum or i-Rate of 7-8.

Strength-Training (ST): Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer; or stairmaster] or strength train after walk-running. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, pilates, yoga, work with a personal trainer; perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

Conversational Effort: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or i-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Easy Effort: Easy to moderate pace at 70-75% of maximum heart rate or an iRate level of 7+. A pace you could go at for along time easily.

Moderate Effort: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.