

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run +ST	Run-Speed	Cross-Training +ST	Run	Run	Run-Endurance	Rest Day
INTENSITY	Easy Effort	Challenging	Moderate Effort	Moderate Effort	Easy Effort	Conversational Pace	
i-RATE SCALE	6 - 7	8 - 9	7+	7+	6 - 7	6 - 7+	
HEART RATE	65 - 75%	80 - 90%	70 - 80%	70 - 80%	65 - 75%	65 - 75%	
WEEK 1	45 minutes	60 minutes Easy Pace - Pickups	40-45 minutes	45 minutes	40 minutes	10 miles	Rest
WEEK 2	45 minutes	60 minutes Easy Pace - Pickups	40-45 minutes	45 minutes	40 minutes	11 miles	Rest
WEEK 3	45 minutes	60 minutes Easy Pace - Pickups	40-45 minutes	45 minutes	40 minutes	12 miles	Rest
WEEK 4	45 minutes	60 minutes	40-45 minutes	50 minutes	40 minutes	8 miles [Race Pace Run]	Rest
WEEK 5	50 minutes	*Speed A Workout 6 Repeats	40-45 minutes	50 minutes	40 minutes	13 miles	Rest
WEEK 6	50 minutes	*Speed A Workout 7 Repeats	40-45 minutes	50 minutes	40 minutes	14 miles	Rest
WEEK 7	45 minutes	*Speed A Workout 8 Repeats	40-45 minutes	50 minutes 4x Striders	30 minutes	10 miles [Race Pace Run]	Rest
WEEK 8	50 minutes	*Speed B Workout 6 Repeats	40-45 minutes	50 minutes	40 minutes	15 miles	Rest
WEEK 9	50 minutes	*Speed B Workout 7 Repeats	40-45 minutes	50 minutes	30 minutes	16 miles	Rest
WEEK 10	45 minutes	*Speed B Workout 8 Repeats	40-45 minutes	60 minutes	40 minutes	12 miles [Race Pace Run]	Rest
WEEK 11	50 minutes	*Speed C Workout 5 Repeats	40-45 minutes	60 minutes	30 minutes	18 miles	Rest
WEEK 12	45 minutes	*Speed C Workout 6 Repeats	40-45 minutes	50 minutes	40 minutes	10 miles	Rest
WEEK 13	60 minutes	*Speed D Workout 25 minute Tempo	40-45 minutes	60 minutes	30 minutes	20 miles	Rest
WEEK 14	45 minutes	*Speed C Workout 7 Repeats	40-45 minutes	50 minutes	40 minutes	12 miles [Race Pace Run]	Rest
WEEK 15	60 minutes	*Speed D Workout 30 minute Tempo	40-45 minutes	60 minutes	30 minutes	20 miles	Rest
WEEK 16	45 minutes	*Speed D Workout 35 minute Tempo	40-45 minutes	50 minutes	40 minutes	10 miles	Rest
WEEK 17	60 minutes	*Speed D Workout 40 minute Tempo	40-45 minutes	60 minutes	30 minutes	21 miles	Rest
WEEK 18	45 minutes	*Speed C Workout 7 Repeats	40-45 minutes	50 minutes	40 minutes	12 miles [Race Pace Run]	Rest
WEEK 19	45 minutes	*Speed D Workout 25 minute Tempo	40 minutes	45 minutes	30 minutes	7 miles	Rest
WEEK 20	40 minutes	30 minutes Pickups	Rest	30 minutes	Rest	15-20 minutes	Race Day

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
RECOVERY WEEK 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	5 miles	Rest
RECOVERY WEEK 2	30 minutes	40 minutes	Cross-Train 30 min	40 minutes	Rest	6 miles	Rest
RECOVERY WEEK 3	40 minutes	40 minutes	Cross-Train 40 min	40 minutes	30 minutes	7 miles	Rest
RECOVERY WEEK 4	45 minutes	50 minutes	Cross-Train 40 min	40 minutes	35 minutes	8 miles	Rest

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every 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 run workout to gradually bring heart rate and breathing back to normal levels.

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

Heart Rate: Using a heart monitor maintain a range between the prescribed percentages. . .65-75% of estimated maximum heart rate.

I-Rate: Rate of 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)

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.

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.

Race Pace Run: Run the first half of the scheduled miles at your easy, endurance pace and then gradually increase the speed gradually to planned half marathon pace for the second half. This is a great way to train mentally for the race and teach your body the pace needed on race day. The key is to run AT race pace and no faster.

Easy Effort: Easy to moderate pace at 65-75% of maximum heart rate or an iRate level of 6-7. A pace you could go at for along time easily.

Moderate Effort: Moderate pace at 70-80% of maximum heart rate or an iRate level of 7+. A pace where you can hear your breathing, but not breathing hard.

Speed "A" Workout: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 6-8 times: Run 2 minutes hard effort at 90-95% heart rate or 9 on I-Rate Scale and where you are well outside your comfort zone followed by running 4 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

Speed "B" Workout: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 6-8 times: Run 3 minutes hard effort at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the three-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

Speed "C" Workout: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the following 5-7 times: Run 5 minutes comfortably hard Tempo pace at 80-85% of maximum heart rate or 8+ on the i-Rate Scale followed by running 2 minutes at an easy pace to recover. Tempo pace feels just outside your comfort zone where you can hear your breathing, but not gasping for air. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. Cool down running 5 minutes easy followed by 5 minutes walking easy.

Speed "D" Workout: Warm-up walking 5 minutes at a brisk pace. Run 15 minutes at an easy pace. Run 25-40 minutes comfortably hard Tempo pace at 80-85% heart rate or 8.5-9 on the i-Rate Scale followed by running 2 minutes at an easy pace to recover. Tempo pace feels just outside your comfort zone where you can hear your breathing, but not gasping for air. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. Cool down running 5 minutes easy followed by 5 minutes walking easy.

Pick-Ups: Run the workout at an easy pace and include 4-6 short, 30-60 second "pick-up's" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone. This is NOT at all out gut-wrenching pace, simply one more notch up from where you were running. Keep the pick-up to 30 seconds maximum. Your effort level should be at an i-Rate scale of 8+ or heart rate of 85% of maximum.

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.