

RECREATIONAL WALK TRAINING SCHEDULE

INTRODUCTION

This schedule is a guide only and should be modified to suit your requirements. You will be able to walk a half marathon on less training but following this schedule will make it easier and also set up good exercise habits for the future.

PACE

Your general walking should be at a comfortable pace. If you are training with a friend you should be able to hold a conversation.

DISTANCE

This training schedule works on time on your feet rather than distance covered. Do not worry overly much how far you have covered in a set time you will go further as you get fitter.

REST

Rest is an important part of training too. You will be able to walk better and reduce your risk of injury if you rest after your long walks.

LONG WALKS

The key to long distance training is the long walk in the weekend progressively increasing in distance over a period of 12 weeks from 1 hour to 2½ hours. Don't worry that the half marathon in most cases will take longer than 2½ hours to complete. Inspiration will carry you to the finish line.

CROSS TRAINING

On week days you may participate in some other sport for 30 - 60 minutes. It could be biking or swimming just to relax muscles before or after your long walks. Don't cross train too hard or you will not handle your longer walks.

GENERAL

Don't be afraid to vary your workouts it does not matter whether or not you do your long walks on a Saturday or a Sunday. You can even do them midweek as long as the pattern of your workouts remain the same.

CAVERSHAM HARRIER CLUB



Middleton Road

Corstorphine

Dunedin

for more information please phone:

President:

Colin Dick 466 7116

MORO MARATHON



Any further information you require on the MORO HALF MARATHON can be directed to:

MORO MARATHON Website

www.moromarathon.co.nz

or

Email:- info@moromarathon.co.nz

RECREATIONAL WALK

12 WEEK TRAINING SCHEDULE 2011

*Kindly provided to
you by the*

**Caversham
Harrier Club**



If you have any questions
regarding this Schedule

Phone: Dave Stinson

455 3274 or

027 366 1224

Email

info@cavershamharriers.co.nz

Week 1 (20 June)

Monday Rest
 Tuesday 45 minute walk
 Wednesday Rest or other easy activity
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 45 minute walk
 Sunday 1 hour walk

Week 2 (27 June)

Monday Rest
 Tuesday 45 minute walk
 Wednesday Rest or other easy activity
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 45 minute walk
 Sunday 1 hour walk

Week 3 (4 July)

Monday Rest
 Tuesday 45 minute walk
 Wednesday Rest or other easy activity
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 45 minute walk
 Sunday 1 hour walk

Week 4 (11 July)

Monday Rest
 Tuesday 45 minute walk
 Wednesday Rest or other easy activity
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 45 minute walk
 Sunday 1 hour walk

Week 5 (18 July)

Monday Rest
 Tuesday 1 hour walk
 Wednesday Short walk or other activity
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 1 hour walk with hills
 Sunday 1½ hour easy walk

Week 6 (25 July)

Monday Rest
 Tuesday 1 hour walk
 Wednesday Short walk or other activity
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 1 hour walk with hills
 Sunday 1½ hour easy walk

Week 7 (1 August)

Monday Rest
 Tuesday 1 hour walk
 Wednesday Short walk or other activity
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 1 hour walk with hills
 Sunday 1½ hour walk

Week 8 (8 August)

Monday Rest
 Tuesday 1 hour walk
 Wednesday Short walk or other activity
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 1 hour walk with hills
 Sunday 1½ hour walk

Week 9 (15 August)

Monday Rest
 Tuesday 1 hour walk
 Wednesday Short walk or other activity
 Thursday 45 minute walk at a faster pace
 Friday Rest
 Saturday 1 hour walk with hills
 Sunday 2 hour walk at race pace

Week 10 (22 August)

Monday Rest
 Tuesday 1 hour walk
 Wednesday Rest
 Thursday 45 minute walk at a faster pace
 Friday Rest
 Saturday 30 minute easy walk
 Sunday 2 - 2½ hours at race pace*

Week 11 (29 August)

Monday Rest
 Tuesday 45 minute walk
 Wednesday Short walk
 Thursday 30 minute walk at a faster pace
 Friday Rest
 Saturday 1 hour walk
 Sunday 1 hour easy walk

Week 12 (5 September)

Monday Rest
 Tuesday 1 hour walk
 Wednesday Rest or short walk
 Thursday 30 minute easy walk
 Friday Rest
 Saturday Rest
 Sunday **RECREATIONAL WALK
 11 SEPTEMBER 2011**

*Start this walk at 9.30 a.m. (half marathon start time), in order to test your pre-walk preparations, clothing and drink requirements.

Read what you can on diet, carbohydrate loading, hydrating and other aspects of distance walking.

Joining a harrier club for companionship and the advice of experienced walkers will also provide help.

The Caversham Harrier Club has a walking group which caters for all ages and abilities. If you would like some companionship to help you in your goal of walking the half marathon please contact Kieran Columb on 489-4027

Good luck and enjoy your walking!