



WALK HALF MARATHON TRAINING GUIDE



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Introduction

This is a 12-week guide is aimed at conditioning a relative beginner to build up to walking a half marathon (13.1miles /21km). The guide is broken down into four phases; Foundation, Preparation, Building and Final Push.

For someone that is already exercising and can comfortably walk 3 miles 3-4 times per week, then you can skip the Foundation phase and start from the Preparation phase. This will provide you with a 8- week training programme.

Safety first

To start with, it is vitally important to ensure that it is safe for you to begin an exercise program. Complete the safety checklist below and if you answer YES to one or more questions, or alternatively, if you are at all concerned about starting training, then make an appointment with your Doctor for a check-up before you start.



Health-status safety checklist

- 1 Are you aged over 30 and/or have not exercised for some time?
- 2 Do you suffer from any medical conditions?
- 3 Are you a smoker or have recently given up smoking?
- 4 Have you undergone any surgery in the past two years?
- 5 Are you suffering from any injuries?
- 6 Are you currently on any prescribed medication?
- 7 Are you unsure about beginning an exercise program?

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Once you have the all-clear from your doctor then you're ready to start training.

Guide structure

The programme includes different types of training walk, including 'Slow', 'Steady', 'Tempo', and 'Interval' sessions. It will mostly consist of 4 training walks per week, gradually increasing in distance and intensity, some gym work, cross-training, and regular maintenance work.

There are also enforced rest periods, as with any form of training programme, overtraining needs to be avoided.

Gym work

This depends on your previous experience within a gym. If you are comfortable, and know your way around, then total body work incorporating squats, lunges, planks, and glute activation work is going to help you. If you are unsure then speak with a member of staff and ask them to put a programme together for you.

Flexibility work

This is geared towards body maintenance, and ensuring the health of your muscles and joints. Regular stretching and foam rolling will be highly beneficial for you throughout your training. Not only will it help with your recovery and performance, but it will also reduce the chances of picking up an overuse injury.

Again if you are unsure about how to go about a regular flexibility workout, speak with a member of staff at your local gym/health club and ask them to put a programme together for you.



Walking technique

Another very important area to focus on is good technique whilst walking. Whilst technique can be a huge topic, here are some simple tips to get you started:

1. Walk with good posture: stand tall, with your shoulders pulled back. Your head, neck and spine, should all be in alignment.
2. Use your arms: keep your arms by your side, elbows bent at 90 degrees, and swing from your shoulders.
3. Avoid over striding: this can lead to unnecessary load through the body. Just start by increasing the number of steps you take per minute.

If you want to learn more, then there are a large number of walking groups, which have experienced coaches that can advise you further.

Pace guide

To get an indication of your pace and how that will result in an anticipated completion time for your half marathon walk, here are some examples:

- 14min mile (8min 43sec km) = 3hrs 4mins
- 15min mile (9min 19sec km) = 3hrs 17mins
- 16min mile (9min 57sec km) = 3hrs 30mins
- 17min mile (10min 33sec km) = 3hrs 55mins
- 18min mile (11mins 10secs km) = 4hrs 21mins



Food and fuelling

As your mileage picks up, you will need to start looking at how you are fuelling and hydrating during your training. As a general rule, you should be eating well throughout the week. Ensure you eat plenty of fruit and vegetables, good quality fat and protein, and not overdoing the starchy carbohydrates. If you are eating well then you shouldn't need any additional fuel prior to your mid-week training sessions, your energy stores should be perfectly adequate to handle the maximum distance of 6 miles that you will be doing.



During longer sessions of over 6-8miles and upwards, you may want to look at introducing some fuel. What should you eat? Popular choices include, gels, jelly babies, flapjacks, energy drinks, etc. The key is to find something that works for you, as it's purely individual.

You should research what will be available for you on the day, as races will provide fuelling stations. If you can get used to taking what will be available for you on the day, then it reduces the amount you will need to carry around with you.

Hydration

Hydration is also a very important area. There are a number of factors that will influence the amount you will need to drink, such as how quickly you are walking, how much you are sweating, and the temperature.

When you are on your training walks, or when you are walking on race day, a general guideline is that you should drink little and often, but do listen to your body. Start to practice on your training walks with 300-500ml per hour, and see how that works for you.

Walk Half Marathon Training Guide

Foundation

Walk ('W'), Flexibility ('F'), Rest ('R')

All your walks will be steady and comfortable

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|------------|--------------|---------------------------|---|
| Week (1-4) | | | |
| Day | Session Type | Training | Training notes |
| Mon | W | 1.1miles / 1.7km / 20mins | It's time to lace up those training shoes, and get some mileage under you. |
| Tues | R | | Even at this early stage, it's important not to overdo things. Rest is as important as the training you do. |
| Wed | W | 1.1miles / 1.7km / 20mins | |
| Thurs | R & F | | It is advisable to include some maintenance work on your rest days. Foam rolling, mobility work and stretching, will help with recovery, performance and injury prevention. |
| Fri | W | 1.1miles / 1.7km / 20mins | |
| Sat | R | | |
| Sun | W & F | 2miles / 3.2km / 36mins | Make sure you time yourself. Get in the habit of timing your distance dependant sessions |

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|------------|--------------|---------------------------|---|
| Week (2-4) | | | |
| Day | Session Type | Training | Training notes |
| Mon | R | | Get in the routine of Monday being your rest day; as you'll need a day off following your Sunday training sessions, which will be increasing in distance. |
| Tues | W | 1.6miles / 2.6km / 30mins | |
| Wed | R | | |
| Thurs | W | 1.6miles / 2.6km / 30mins | |
| Fri | R | | |

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| Sat | W & F | 1.1miles / 1.7km / 20mins | You will be doing back to back walks on consecutive days, so make sure you do a good amount of flexibility & maintenance work. |
| Sun | W & F | 3miles / 4.8km / 54mins | |

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|------------|---------------------|---------------------------|---|
| Week (3-4) | | | |
| Day | Session Type | Training | Training notes |
| Mon | R | | Very gradual increase in distance this week. |
| Tues | W | 2.2miles / 3.5km / 40mins | Vary your walks. |
| Wed | R | | |
| Thurs | W | 2.2miles / 3.5km / 40mins | |
| Fri | R | | |
| Sat | W & F | 2miles / 3.2km / 36mins | |
| Sun | W & F | 3miles / 4.8km / 54mins | That's 5miles / 8km done this weekend, how are you feeling? |

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|------------|---------------------|-------------------------|--|
| Week (4-4) | | | |
| Day | Session Type | Training | Training notes |
| Mon | R | | Last week of Foundation stage, building up to your longest walk of 4miles. |
| Tues | W | 2.5miles / 4km / 45mins | |
| Wed | R | | |
| Thurs | W | 2.5miles / 4km / 45mins | You could replace this walk with another form of activity, such as cross-training or swimming. |
| Fri | R | | |
| Sat | W & F | 2miles / 3.2km / 36mins | |
| Sun | W & F | 4miles / 6.4km / 72mins | Congratulations on your first four weeks done. |

Preparation

Walk ('W'), Flexibility ('F'), Gym ('G'), Rest ('R')

Walks will either be:

1. Steady (race pace) - Assumed average 16min mile / 9min 57sec km (3.5hr half marathon pace)
2. Slow (for recovery and to get safe miles under you) - Assumed 18min mile / 11min 10 sec km
3. Tempo (at a quicker than race pace) - Assumed average 14min mile / 8min 43sec km
4. Interval (Varying your speed) - Assumed average 16min mile / 9min 56sec km

| Week (1-8) | | | |
|------------|----------------|---------------------------|---|
| Day | Session Type | Training | Training notes |
| Mon | W - Slow | 1.6miles / 2.6km / 30mins | Start of 8 week training plan; easy intro or a recovery week for those who did the initial 4 week Foundation stage. The goal of this phase is to start introducing other forms of training to compliment your increasing Sunday walks |
| Tues | R | | If you did the initial 4 week Foundation stage, then it would be a good idea to get a massage - keep your body healthy. |
| Wed | W - Slow | 1.6miles / 2.6km / 30mins | |
| Thurs | R | | It is advisable to include some maintenance work on your rest days. Foam rolling, mobility work, and stretching, will help with recovery, performance, and injury prevention. |
| Fri | W - Slow | 1.6miles / 2.6km / 30mins | |
| Sat | R | | |
| Sun | W - Steady & F | 4miles / 6.4km / 64mins | Your 'Steady' walks need to be at a quicker pace than your slow walks. You'll be using this pace throughout your Sunday walks, other 'Steady' walks and, ultimately, when you do the 13.1miles/21km. |

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| Week (2-8) | | | |
| Day | Session Type | Training | Training notes |
| Mon | R | | Make sure that you include some technique focused training in your weekly sessions. |
| Tues | W - Tempo & F | 2miles / 3.2km / 28mins | Your first 'Tempo' walk. Push yourself, but not so much that you can't complete the distance at the pace you started at. |
| Wed | G & F | 45min | Get to the gym for some cross-training, or total body conditioning. If unsure then ask for help, or start with bodyweight exercises. |
| Thurs | W - Tempo | 2miles / 3.2km / 28mins | Ensure you are keeping track of your sessions. It's important to track your minute mile/km pace during different sessions as you can then measure progress and review performance. |
| Fri | R / G & F | | Fridays will be your day of rest or gym circuits depending on how you feel. Focus on lightweight and higher rep ranges. Focus on legs & core, but don't neglect any part of your body. |
| Sat | W - Slow & F | 3miles / 4.8km / 54mins | |
| Sun | W - Steady & F | 6miles / 9.6km / 96mins | You should have a good idea of your paces. Your Sunday walks are quick, comfortable and steady. These are different to your other sessions, which will include faster tempo and interval sessions. |

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| Week (3-8) | | | |
| Day | Session Type | Training | Training notes |
| Mon | R & F | | Plan some routes - ensure you include some hill work in your training. |
| Tues | W - Tempo | 3miles / 4.8km / 42mins | Start picking up the pace of your midweek walks. Aim to walk at your quickest pace during your first session of the week. |
| Wed | G | 45mins | Total body circuit; include exercises such as glute bridges, squats, lunges, and planks, which will all compliment your training. |
| Thurs | W - Interval | 3miles / 4.8km / 48mins | Your first 'Interval' session of your training. Alternate between your slow pace and your tempo pace (or slightly higher). If you are new to interval then make it more 'Fartlek', alternating depending on how you are feeling. |
| Fri | R / G & F | | |
| Sat | W - Slow & F | 4miles / 6.4km / 72mins | |
| Sun | W - Steady & F | 8miles / 12.9km / 2hrs 8mins | |

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|--------------|---------------------|--------------------------------|--|
| Week (4-8) | | | |
| Day | Session Type | Training | Training notes |
| Mon | R & F | | |
| Tues | W - Tempo | 3miles / 4.8km / 42mins | |
| Wed | G & F | 60mins | Focus on a leg heavy session, increase the weight you have been using. Finish the session with some interval work on rower or exercise bike. |
| Thurs | W - Interval | 3miles / 4.8km / 48mins | |
| Fri | R | | |
| Sat | W - Slow & F | 5miles / 8km / 90mins | Keep legs ticking over ready for your 10mile / 16.1km walk tomorrow. |
| Sun | W - Steady & F | 6miles / 9.6km / 1hr 36mins | |

Building

| Week (5-8) | | | |
|------------|------------------|---------------------------------|--|
| Day | Session Type | Training | Training notes |
| Mon | R & F | | Would be great if you could get a regular massage booked in, ideally on a Monday. As your mileage increases during this phase of training, get to grips with your nutrition (pre & post training). |
| Tues | W - Tempo & F | 4miles / 6.4km / 56mins | A little reminder to focus on good form and technique. |
| Wed | G & F | 60mins - total body | |
| Thurs | W - Interval & F | 4miles / 6.4km / 64mins | Push yourself - Interval training leads to significant crossover gains to your important 'Steady' walks. |
| Fri | R/G | 45mins | Either use a rest day or bodyweight circuit, with light cross-training. |
| Sat | W - Steady & F | 5miles / 8km / 80mins | Your combined weekend training is almost exactly your half marathon distance. |
| Sun | W - Steady & F | 8miles / 12.9km / 2hrs 8mins | Are you able to maintain your 'Steady' pace throughout? If not, you may have to adjust your pacing. |

| Week (6-8) | | | |
|------------|----------------|--------------------------------|---|
| Day | Session Type | Training | Training notes |
| Mon | R & F | | You can do a light recovery session on a Monday after your long walk. Not impact cardio, swimming, and a good foam rolling session can really help with recovery. |
| Tues | W - Tempo | 5miles / 8km / 70mins | |
| Wed | G & F | 60mins - Lower body | Focus on your legs and glutes. |
| Thurs | W - Interval | 5miles / 8km / 80mins | If you've never tried hill intervals, then give it a go. Speed walking up a hill can do wonders for your fitness, and can also force you to walk with good technique. |
| Fri | R/G & F | | Get yourself down to a Pilates or Yoga class - it will really help with your flexibility, core strength and breathing. |
| Sat | W - Steady & F | 6miles / 9.6km / 1hr 36mins | |

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| Sun | W - Steady & F | 14miles / 22.5km / 3hrs 44mins | Are you fuelling during these longer walks, and getting enough fluid on board? |
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Final Push & Finishing Touches

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|--------------|---------------------|-----------------------------|---|
| Week (7-8) | | | |
| Day | Session Type | Training | Training notes |
| Mon | R & F | | If you haven't got time for a massage, then make sure you at least have an Epsom Salt bath. |
| Tues | W - Tempo | 4miles / 6.4km / 56mins | |
| Wed | G & F | 45mins - Upper & Lower body | Keep lifting the weight, and keep getting stronger! |
| Thurs | W - Interval | 4miles / 6.4km / 56mins | |
| Fri | R / G & F | 45mins | Core work, and a good foam rolling session. |
| Sat | W - Steady & F | 5miles / 8km / 70mins | |
| Sun | W - Steady & F | 5miles / 8km / 70mins | |

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|--------------|---------------------|---------------------------|--|
| Week (8-8) | | | |
| Day | Session Type | Training | Training notes |
| Mon | R & F | | If you do go for a massage, do remind the therapist you'll be walking 13.1miles/21.1km on Sunday, so to go a little easier on you! |
| Tues | W - Steady & F | 1.6miles / 2.6km / 30mins | All the training walks this week are geared around keeping everything ticking over. |
| Wed | W - Steady & F | 1.1miles / 1.7km / 20mins | |
| Thurs | R & F | | |
| Fri | W - Slow & F | 1.1miles / 1.7km / 20mins | Get a good night's sleep tonight, in case any nerves affect you sleep tomorrow. |
| Sat | R & F | | Don't do too much at all today. |
| Sun | W - Steady | 13.1miles / 21.1km / 7hrs | Enjoy the whole experience. You've already done the hard work! |

Disclaimer

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