



Half Marathon Training for Walkers

WEEK		MON Walk (min.)	TUES Cross-train (min.)	WED REST	THURS Walk-Form (min.)	FRI Cross-train (min.)	SAT Walk (miles)	SUN REST
Week 14	Aug 26 - Sep 1	30	30	REST	30	30	2	REST
Week 13	Sep 2 - Sep 8	30	30	REST	30	30	3	REST
Week 12	Sep 9 - Sep 15	30	30	REST	30	30	4	REST
Week 11	Sep 16 - Sep 22	40	30	REST	30	30	5	REST
Week 10	Sep 23 - Oct 29	40	40	REST	40	30	3	REST
Week 9	Sep 30 - Oct 6	40	40	REST	40	30	6	REST
Week 8	Oct 7 - Oct 13	50	40	REST	40	30	7	REST
Week 7	Oct 14 - Oct 20	50	40	REST	50	30	4	REST
Week 6	Oct 21 - Oct 27	60	40	REST	50	30	8	REST
Week 5	Oct 28 - Nov 3	60	40	REST	50	30	6	REST
Week 4	Nov 4 - Nov 10	60	40	REST	50	30	10	REST
Week 3	Nov 11 - Nov 17	60	30	REST	40	30	8	REST
Week 2	Nov 18 - Nov 24	40	30	REST	40	30	5	REST
Week 1	Nov 25 - Dec 1	30	30	REST	REST	20	Half Marathon	REST

This training program is provided as a guideline and should be used with discretion based upon your current physical health & condition. Please see accompanying notes.



For more information and to
register to Walk the
Reggae Half Marathon in Negril on December 1, 2007
go to www.reggaemarathon.com

YOU-CAN-WALK the Reggae Half Marathon

A marathon is a great way to increase your fitness, push past a plateau, learn what your body is capable of doing and challenge yourself. Running a Marathon or a Half Marathon may seem impossible at the moment but with the right training program it is doable.

A good way to get started is to **walk** a Half Marathon. We invite you to **walk** the Reggae Half Marathon by trying this 17-week training program* (overleaf).
See you at Reggae Marathon!

Notes to Training Program:

Warm-up and cool down for at least 5 Minutes before and after workouts.

WALK DAYS: Walk at a comfortably brisk pace. You should be able to carry out a conversation with a little bit of effort.

CROSS-TRAINING DAYS: Do any activity that works your legs in a different way than walking does such as bicycling, swimming, yoga.

WALK FORM DAYS: Practice this drill after your 30,40 or 50-minute walk: increase your speed to a challenging pace for 30 seconds. Follow with 1 minute of easy walking. Repeat four times, and then cool down.

*Program: adapted from Marathoning for Mortals: a Regular Persons Guide to the Joys of Running or Walking a Half Marathon or Marathon by John "The Penguin" Bingham and Jenny Hadfield (MA, CPJ, Rodais Inc 2003). This program is offered by Reggae Marathon only as a guide.