

Schedule for Marathon Walkers Moving Down to the Half Marathon

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	45 minute "tempo" Should be hard, but not all-out.	Easy 30-45 minutes	12 miles easy
2	Off or easy cross-train	4-5 x 800 meters @ 10K race pace w/ 2:00 rests.	Easy 45 minutes	Easy 45 minutes	45-60 minute acceleration, start easy, build to a fast finish.	Easy 30-45 minutes	8 miles "not so easy"
3	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	45 minute "tempo" Should be hard, but not all-out.	Easy 30-45 minutes	15 miles easy
4	Off or easy cross-train	45 minute "tempo" Should be hard, but not all-out.	Easy 45 minutes	Easy 45 minutes	3 x 1 mile @ ½ marathon race pace w/ 3:00 rests.	Easy 30-45 minutes	9 miles "not so easy"
5	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	45-60 minute acceleration, start easy, build to a fast finish.	Easy 30-45 minutes	15 miles easy
6	Off or easy cross-train	6 x 800 meters @ 10K race pace w/ 2:00 rests.	Easy 45 minutes	Easy 45 minutes	3 x 1 mile @ ½ marathon race pace w/ 3:00 rests.	Easy 30-45 minutes	10 miles "not so easy" or 10K race
7	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	45 minute "tempo" Should be hard, but not all-out.	Easy 30-45 minutes	15 miles easy
8	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	Easy 45 minutes	3 x 1 mile @ ½ marathon race pace w/ 3:00 rests.	Easy 30-45 minutes	10 miles "not so easy" or 10K race
9	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	45 minute "tempo" Should be hard, but not all-out.	Easy 30-45 minutes	15 miles easy
10	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	Easy 45 minutes	3 x 1 mile @ ½ marathon race pace w/ 3:00 rests.	Easy 30-45 minutes	10 miles acceleration.
11	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	6 x 800 meters @ 10K race pace w/ 2:00 rests.	Easy 30-45 minutes	8 miles. Start easy, last 3 miles at race pace.
12	Off	Easy 30 minutes	Easy 30 minutes	30 minutes acceleration down to ½ mar. pace	Off	Easy 20 minutes	½ Marathon

- The key for marathon walkers isn't the distance, but increasing speed. Intervals and tempo walks will help to develop high-speed technique and cardiovascular fitness.
- If you just can't imagine only walking 45 minutes on the easy recovery days, these can be increased up to 60 min. to 90 min. some days IF you're feeling good. Don't let the speed days suffer because you're going too long on the recovery days though!