

16 Week Training Plan for the Half Marathon 21 Km race

WEEK	MON.	TUES.	WED.	THUR.	Fri.	SAT.	SUN.
1	Steady 3 K	Speed 4 K	Intervals 3 K	Steady 3 K	Rest	LSD 5 K	Rest
2	Steady 3 K	Speed 4 K	Intervals 3 K	Steady 3 K	Rest	LSD 7 K	Rest
3	Steady 3 K	Speed 4 K	Intervals 3 K	Steady 3 K	Rest	LSD 7 K	Rest
4	Steady 4 K	Speed 4 K	Intervals 3 K	Steady 4 K	Rest	LSD 7 K	Rest
5	Steady 3 K	Speed 4 K	Intervals 3 K	Steady 4 K	Rest	LSD 9 K	Rest
6	Steady 3 K	Speed 4 K	Intervals 3 K	Steady 3 K	Rest	LSD 10 K	Rest
7	Steady 3 K	speed 4 K	Intervals 3 K	Steady 3 K	Rest	LSD 10 K	Rest
8	Steady 4 K	Speed 4 K	Intervals 3 K	Steady 5 K	Rest	LSD 12 K	Rest
9	Steady 4 K	Speed 4 K	Intervals 3 K	Steady 5 K	Rest	LSD 14 K	Rest
10	Steady 4 K	Speed 4 K	Intervals 3 K	Steady 6 K	Rest	LSD 16 K	Rest
11	Steady 5 K	Speed 4 K	Intervals 3 K	Steady 6 K	Rest	LSD 16 K	Rest
12	Steady 5 K	Speed 4 K	Intervals 3 K	Steady 7 K	Rest	LSD 14 K	Rest
13	Steady 5 K	Speed 4 K	Intervals 3 K	Steady 7 K	Rest	LSD 18 K	Rest
14	Steady 6 K	Speed 4 K	Intervals 3 K	Steady 8 K	Rest	LSD 18 K	Rest
15	Steady 6 K	Speed 4 K	Intervals 3 K	Steady 8 K	Rest	LSD 20 K	Rest
16	Rest	Steady 6	REST	Steady 3 K	Rest	Steady 6 K	RACE

Steady is not too fast ...not too slow **Speed** is a faster pace throughout the walk **Intervals** are fastest pace but only 30 seconds at a time with 1 to 2 min. recovery (could do hills these days) **LSD** long slow distance (smell the roses)

16 Week Training Plan for the Half Marathon 21 Km race

This plan is for someone who is comfortable walking 30 to 45 minutes and wants to finish their first Half Marathon distance comfortably (within the 3 hour 45 minute time allotment)

Remember:

- * walk at your own pace, you will get faster the more you walk
- * **Steady walk** is a good strong pace (not top speed but medium pace for you)
- * Speed walks are for going a little faster than your steady pace for the duration of the walk (not including your warm up for 5 to 10 minutes and your cool down)
- * **Interval training** is when you go out and introduce 30 second bursts of your fastest walking pace and then take a minute or two to recover and then do another very fast 30 second interval. Repeat these intervals until you are ready to cool down. These are short workouts in duration and are not meant for longer walks. a 30 minute interval workout is a very effective builder of speed and strength. Make sure you are warmed up well (10 minutes at least) before you start doing intervals.
- * You could walk **Hills** as an option to the interval days.
- * If you are new to interval training wait until week 5 or 6 to begin. Just do some steady walking for those weeks until you have developed a comfortable walking base.
- * Sundays are for a **Long Slow Distance** walks
- * You have up to 3 hours and 45 minutes to finish your first 21 K race ... ENJOY THE JOURNEY!!