"RUN-WALK" Marathon Training Program

The "Run-Walk" Program is best suited for first-time marathoners, those who are new to running or running less than 4 times per week regularly. | By Jenny Hadfield

DAY MODE INTENSITY I-RATE SYSTEM HEART RATE	Monday Run-Walk +ST Easy Pace 7 - 7.5 70-75%	Tuesday Cross-Training Moderate 7-8 75-80%	Wednesday Run +ST Easy Pace 7 - 7.5 70-75%	Thursday Rest Day	Friday Cross-Training Moderate 7-8 75-80%	Saturday Run-Walk-Endurance Conversational Pace 6-7 65-75%	Sunday Rest Day
Week 1	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	Rest	30-40 minutes	5 miles Run 3 min/Walk 2 min Repeat continuously	Rest
Week 2	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	Rest	30-40 minutes	6 miles Run 3 min/Walk 2 min Repeat continuously	Rest
Week 3	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	Rest	30-40 minutes	7 miles Run 3 min/Walk 2 min Repeat continuously	Rest
Week 4	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	6 miles Run 3 min/Walk 2 min Repeat continuously	Rest
Week 5	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	45 minutes Run 3 min/Walk 2 min Repeat 8 times	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	8 miles Run 3 min/Walk 2 min Repeat continuously	Rest
Week 6	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	45 minutes Run 3 min/Walk 2 min Repeat 8 times	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	9 miles Run 3 min/Walk 2 min Repeat continuously	Rest

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Week 7	45 Minutes	30-40 minutes	42 minutes Run 4 min/Walk 2 min Repeat 7 times	Rest	30-40 minutes	6 miles Run 4 min/Walk 2 min Repeat continuously	Rest
Week 8	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	48 minutes Run 4 min/Walk 2 min Repeat 8 times	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	10 miles Run 4 min/Walk 2 min Repeat continuously	Restv
Week 9	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30-40 minutes	48 minutes Run 4 min/Walk 2 min Repeat 8 times	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	12 miles Run 4 min/Walk 2 min Repeat continuously	Rest
Week 10	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30-40 minutes	48 minutes Run 4 min/Walk 2 min Repeat 8 times	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	6 miles Run 4 min/Walk 1 min Repeat continuously	Rest
Week 11	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30-40 minutes	50 minutes Run 4 min/Walk 1 min Repeat 8 times	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	14 miles Run 4 min/Walk 2 min Repeat continuously	Rest
Week 12	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	50 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest	30-40 minutes	7 miles Run 4 min/Walk 1 min Repeat continuously	Rest
Week 13	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	50 minutes Run 4 min/Walk 1 min Repeat 8 times	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	16 miles Run 4 min/Walk 1 min Repeat continuously	Rest

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Week 14	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	48 minutes Run 5 min/Walk 1 min Repeat 8 times	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	8 miles Run 5 min/Walk 1 min Repeat continuously	Rest
Week 15	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	48 minutes Run 5 min/Walk 1 min Repeat 8 times	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	18 miles Run 4 min/Walk 1 min Repeat continuously	Restv
Week 16	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	48 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest	30-40 minutes	8 miles Run 5 min/Walk 1 min Repeat continuously	Rest
Week 17	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-40 minutes	48 minutes Run 5 min/Walk 1 min Repeat 8 times	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	20 miles Run 4 min/Walk 1 min Repeat continuously	Rest
Week 18	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-40 minutes	48 minutes Run 5 min/Walk 1 min Repeat 8 times	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	10 miles Run 5 min/Walk 1 min Repeat continuously	Rest
Week 19	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30 minutes	48 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest	30 minutes	6 miles Run 5 min/Walk 1 min Repeat continuously	Rest
Week 20	30 minutes Run 4 min/Walk 1 min Repeat 6 times	Rest	30 minutes Run 4 min/Walk 1 min Repeat 6 times	Rest	20 minutes Run 4 min/Walk 1 min Repeat 5 times	Rest	Race Day!

Recovery Week 1	Rest	XT 20 minutes	Rest	XT 30 minutes	Rest	4 miles R/W: 4/2	Rest
Recovery Week 2	42 minutes R/W: 4/2	30 minutes	Rest	42 minutes R/W: 4/2	30 minutes	5 miles R/W: 4/1	Rest
Recovery Week 3	40 minutes R/W: 4/1	40 minutes	Rest	42 minutes R/W: 5/1	40 minutes	6 miles R/W: 5/1	Rest
Recovery Week 4	48 minutes R/W: 5/1	40 minutes	Rest	48 minutes R/W: 5/1	40 minutes	7 miles R/W: 5/1	Rest

Warm-up: walking 5 minutes at an easy pace prior to every walk-run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every walk-run workout to gradually bring heart rate and breathing back to normal levels.

I-Rate Scale: A way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Heart Rate: If you have a heart rate monitor, maintain a range between the prescribed percentages…I.e.65-75% of estimated maximum heart rate. Run-Walk Workout Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minute - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

Cross-Training: Include activities that are non-running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for 10K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Cross-training activites should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Strength-Training (ST): Strength train with machines, weights, resitance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer, or stairmaster] or strength train after walk-running. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetions. Another option for your strength workout is to take a class at your gym, work with a personal trainer, perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

Conversational Pace: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehyration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Easy Pace: Easy to moderate pace at 70-75% of maximum heart rate or an iRate level of 7+. A pace you could go at for along time easily.

Moderate Pace: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

Endurance Run: The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.

Easy Run: Run at an easy pace at 65-70% of maximum heart rate or an iRate level of 6-7.

Endurance Run: The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.

Girls Gotta Move
Health Magazine's Running Club

This training program was developed by Coach Jenny Hadfield, Health's Girls Gotta Move running coach. She has a bachelors degree in exercise physiology, a masters degree in exercise science and is a certified coach and personal trainer. Additional plans, tools and running information are available on her website: **http://www.jennyhadfield.com.**