

Walk the Walk Full Marathon Training Plan

Want to find somebody to walk with in your area?
Visit walkthewalk.org/partners



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	3 miles - steady pace	Relax and stretch	3 miles - steady pace	Relax and stretch	3 miles - steady pace	Relax and stretch	Relax and stretch	9
2	4 miles - steady pace	Relax and stretch	4 miles - steady pace	Relax and stretch	4 miles - steady pace	Relax and stretch	Relax and stretch	12
3	5 miles - steady pace	Relax and stretch	4 miles - pick up the pace	Any other activity	4 miles - increase exertion	Relax and stretch	6 miles - steady pace	19
4	Relax and stretch	5 miles - increase exertion	Any other activity for a minimum 30 mins	5 miles - pick up the pace	Any other activity	Relax and stretch	8 miles - steady pace	18
5	Any other activity	5 miles - pick up the pace	Relax and stretch	4 miles - increase exertion	Any other activity	Relax and stretch	10 miles - cover the distance, feel the pace	19
6	Relax and stretch	Any other activity	4 miles - increase exertion	Any other activity	6 miles - intervals	Relax and stretch	12 miles - distance and speed	22
7	Relax and stretch	6 miles - speed	Any other activity for a minimum 30 mins	Relax and stretch	6 miles - intervals	Any other activity for a minimum 30 mins	Relax and stretch	12
8	14 miles - distance and speed	Relax and stretch	6 miles - speed	Relax and stretch	6 miles - intervals	Relax and stretch	16 miles - distance and speed	42
9	Relax and stretch	6 miles - speed	Any other activity for a minimum 30 mins	7 miles - speed	Any other activity	6 miles - speed	Relax and stretch	19
10	16 miles - distance and speed	Relax and stretch	Any other activity for a minimum 30 mins	7 miles - pick up the pace	Relax and stretch	7 miles - speed	Relax and stretch	30
11	20 miles The long one!	Relax and stretch	Relax and stretch	5 miles - speed	Relax and stretch	5 miles - speed	Any other activity	30
12	5 miles - speed	Relax and stretch	3 miles - speed	Relax and stretch	3 miles - speed	Relax and stretch	The Big Day!	11
13	Congratulations!							26.2

By following this plan, you should successfully and comfortably complete your Marathon. Any additional training walks to those shown here can only benefit you!

To start using this plan, you should be able to walk 3 miles at a constant and steady pace of approximately 18 - 20 minutes per mile. If you are not quite ready, start with the first few weeks of the Half Marathon training plan.

Your goal is to reach a fitness level where you can achieve 14 minute miles.

MOST IMPORTANTLY, TO BE SUCCESSFUL, MAKE THIS PLAN FIT IN WITH YOUR LIFE!

Walk days Start by getting used to regular walking and finding your pace.

Other activities Try any other activities such as swimming, dancing or even kick boxing, as they all complement Power Walking. Whichever you choose, make sure it increases your heart rate. Try to include some walking technique from the beginning, particularly using your arms as it will really help you to progress.

Relax and stretch Let your body rest on these days, but that does not mean do nothing. Make it a daily habit to spend 15 minutes stretching or even better, take up Pilates. This is not only an ideal companion to Power Walking but also, you will really notice a difference with your walking and flexibility.

How does it work?

Week 1 - 4 Start at a steady pace, get used to regular walking, work on your technique developing good posture, strong arm movement and a good push off. You will be able to develop a powerful and faster speed as you progress. Start stretching every day, including your rest days, even if it is only 5 minutes whilst you watch TV – I can't stress how different you will feel!

Week 5 - 8 Everything is increasing: your energy, stamina and the distance! Keep on stretching and keep a log of each training day to track your progress. Introduce interval training – alternating between walking as fast as you can for 1 - 2 minutes and then slowing down to recover for double the time of the

fast walking. Repeat as often as you are able in one session.

Week 9 - 12 By now your speed and stamina will be coming together and, if you have time, lengthen the mid week walks on weeks 9 and 10.

REMEMBER - IF YOU THINK YOU CAN, YOU WILL... 65% OF TRAINING FOR A MARATHON IS IN THE MIND!

If you are taking part in the Thames Path Challenge, London 2 Brighton Challenge, Arctic Challenge, Inca Trail, Nijmegen Marches or The Three Land Challenge, a specific training plan will be sent to you in your Walker Pack.