

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
1	2 miles + MAD2 Steady pace	MAD2 Relax and stretch	2 miles + MAD2	MAD2 Relax and stretch	2 miles + MAD2	MAD2 Relax and stretch	2 miles + MAD2	8
2	MAD2 Relax and stretch	2 miles + MAD2	MAD2 Relax and stretch	3 miles + MAD2	MAD2 Relax and stretch	MAD2 Relax and stretch	3 miles + MAD2	8
3	MAD2 Relax and stretch	3 miles + MAD2 Pick up the pace	MAD2 Any other activity	3 miles + MAD2	MAD2 Relax and stretch	MAD2 Relax and stretch	4 miles + MAD2	10
4	MAD2 Relax and stretch	3 miles + MAD2 Increasing speed	MAD2 Any other activity	3 miles + MAD2	MAD2 Relax and stretch	4 miles + MAD2	MAD2 Relax and stretch	10
5	6 miles + MAD2 Go the distance	MAD2 Relax and stretch	3 miles + MAD2 increase the pace	MAD2 Any other activity	3 miles + MAD2	MAD2 Relax and stretch	MAD2 Any other activity	12
Total so Far								48

Setting yourself a challenge is exciting, the tricky bit can be knowing how to start, especially if you have never taken on a walking challenge. Our aim is that you achieve good walking fitness and technique that will help you go comfortably achieve your goal!

It's never too soon to start walking, so to give you an idea of what to expect, this is the first 5 weeks of the Training Plan for the Half Marathon Plus 15.1 Miles.

This plan assumes that you are able to walk 2 miles at a constant pace of 18 – 20 minutes per mile. Your ultimate goal is to aim for a fitness level where you can complete the challenge in 3.5 - 4.0 hours walking approximately 13 – 15 minute miles.

If you are not quite ready for the 5 week plan, take a look at the **MAD2** Plan.

Other activities Try any other activity to help increase your stamina and fitness. Swimming, dancing, spinning, kick boxing or pilates to name a few - enjoyment is a deciding factor! Start off with 15 minutes and build up your time. Choose whatever you enjoy, but make sure you always increase your heart rate.

Relax and stretch Take a rest from aerobic activity - but spend 5 - 10 minutes a day having a good stretch. The more you do, the more you will want to do and you will really notice a difference with your walking and flexibility.

MAD2 Means 2 Miles a day... this includes every step you take from the minute you wake up, until going to bed.

HOW DOES IT WORK?

WEEK 1 - 2 Get used to walking regularly. If you are new to walking or actively using your body to get fitter, pace yourself and feel an increase in your heart rate but don't do too much too soon...

WEEK 3 - 5 You will begin to feel that you have more energy by now, so start introducing other activities and really feel your muscle tone and energy develop.

REMEMBER - WHATEVER OTHER ACTIVITY OR EXERCISE YOU DO, NOTHING REPLACES WALKING!

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
1	3 miles Steady pace	MAD2 Relax and stretch	3 miles Steady pace	MAD2 Relax and stretch	3 miles Steady pace	MAD2 Relax and stretch	MAD2 Relax and stretch	9 MAD2=8
2	4 miles Steady pace	MAD2 Relax and stretch	4 miles Steady pace	MAD2 Relax and stretch	4 miles Steady pace	MAD2 Relax and stretch	MAD2 Relax and stretch	12 MAD2=8
3	5 miles Steady pace	MAD2 Relax and stretch	4 miles Pick up the pace	MAD2 Any other activity	4 miles Increase exertion	MAD2 Relax and stretch	6 miles Steady pace	19 MAD2=6
4	MAD2 Relax and stretch	5 miles Increase exertion	MAD2 Any other activity for a minimum 30 mins	5 miles Pick up the pace	MAD2 Any other activity	MAD2 Relax and stretch	8 miles Steady pace	18 MAD2=8
5	MAD2 Any other activity	5 miles Pick up the pace	MAD2 Relax and stretch	4 miles Increase exertion	MAD2 Any other activity	MAD2 Relax and stretch	10 miles Cover the distance, feel the pace	19 MAD2=8
							Total so Far	77 MAD2=38

Setting yourself a challenge is exciting, the tricky bit can be knowing how to start, so that you have good walking fitness and can comfortably achieve your goal! It's never too soon to start walking, so to give you an idea of what to expect, this is the first 5 weeks of the Training Plan for a full Marathon.

The plan assumes that you are able to walk 3 miles at a constant pace of 18 – 20 minutes per mile. Your ultimate goal is to aim for a fitness level where you can achieve a 14 minute mile.

If you are not quite ready for the 5 week plan, you can take a look at the Half Marathon Plus plan and do that first, or try the MAD2, it's a great way to build your fitness and walking legs! You can repeat the plan, or certain weeks as many times as you wish or until you feel comfortable to increase the distance.

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 kickboxing, as they all complement Power Walking. Whichever you choose, make sure it increase 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 you walking and flexibility.

MAD2 Means 2 Miles a day... this includes every step you take from the minute you wake up, until going to bed.

HOW DOES IT WORK?

WEEK 1-2 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 3 - 5 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 the time of the fast walking. Repeat as often as you are able to in one session.

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