

# MOONWALK SCOTLAND Full Marathon Training Plan

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
6	MAD2 Relax and stretch	MAD2 - Any other activity	4 miles increase exertion	MAD2 - Any other activity	6 miles intervals	MAD2 Relax and stretch	12 miles distance and speed	22 MAD2=8
7	MAD2 Relax and stretch	6 miles speed	MAD2 - Any other activity for a minimum 30 mins	MAD2 Relax and stretch	6 miles intervals	MAD2 - Any other activity for a minimum of 30 mins	MAD2 Relax and stretch	12 MAD2=10
8	14 miles distance and speed	MAD2 Relax and stretch	6 miles speed	MAD2 Relax and stretch	6 miles intervals	MAD2 Relax and stretch	16 miles distance and speed	42 MAD2=6
9	MAD2 Relax and stretch	6 miles speed	MAD2 - Any other activity for a minimum 30 mins	7 miles speed	MAD2 - Any other activity	6 miles speed	MAD2 Relax and stretch	19 MAD2=8
10	16 miles distance and speed	MAD2 Relax and stretch	MAD2 - Any other activity for a minimum 30 mins	7 miles pick up the pace	MAD2 Relax and stretch	7 miles speed	MAD2 Relax and stretch	30 MAD2=8
11	20 miles The long one!	MAD2 Relax and stretch	MAD2 Relax and stretch	5 miles speed	MAD2 Relax and stretch	5 miles speed	MAD2 - Any other activity	30 MAD2=8
12	5 miles speed	MAD2 Relax and stretch	3 miles speed	MAD2 Relax and stretch	3 miles speed	MAD2 Relax and stretch	The Big Day!	11 MAD2=6
<b>CONGRATULATIONS you did it - 26.2 miles!</b>								26.2

By following this plan, it will enable you to confidently and successfully complete your Marathon goal. Any additional walking that you can fit in will only be of benefit...The more you do the easier it gets!

To begin, you should be able to walk a distance of 3 miles at a constant pace of 18 – 20 minutes per mile. If you are unable to do this, either repeat the first 2 – 3 weeks until you build up to the required pace or, try the first 2 – 3 weeks of the Half Marathon Training Plan.

Your ultimate goal is to achieve a 14 minute per mile walking pace – Regular walking and good technique will win the day!

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

MAD2 Means 2 Miles a day... this includes every step you take from the minute you wake up, until going to bed. Being active on a daily basis is proven to be key in keeping healthy, so even though you are on a training plan, let's not underestimate how many times you go up and down stairs, walk to the local shops or even round a supermarket... it all counts, all very achievable, helps you to maintain good health, and a good monitor of the minimum activity you should be doing each day regardless of other miles or activity.

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

**Other activities** For variety, motivation and adding to your overall fitness and strength, it is good to include other aerobic activities into the training plan. Dancing, swimming, HiIT, whatever you choose and enjoy, it should increase your heart rate for a sustained period of 30 minutes.

**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, you will also notice a difference to your overall walking style 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 – We 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 to 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!**

*Print the plan and stick it on the wall!*

**Keep motivated by crossing off each day you complete, don't worry about moving the plan around.**

**MAKE IT WORK FOR YOU!**