

MOONWALK SCOTLAND Half Marathon Training Plan

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
1	2 miles steady pace	MAD2 Relax and stretch	2 miles	MAD2 Relax and stretch	2 miles	MAD2 Relax and stretch	2 miles	8 MAD2-6
2	MAD2 Relax and stretch	2 miles	MAD2 Relax and stretch	3 miles	MAD2 Relax and stretch	MAD2 Relax and stretch	3 miles	8 MAD2-8
3	MAD2 Relax and stretch	3 miles pick up the pace	MAD 2 - Any other activity	3 miles	MAD2 Relax and stretch	MAD2 Relax and stretch	4 miles distance	10 MAD2-8
4	MAD2 Relax and stretch	3 miles increasing speed	MAD 2 - Any other activity	3 miles	MAD2 Relax and stretch	4 miles	MAD2 Relax and stretch	10 MAD2-8
5	6 miles go the distance	MAD2 Relax and stretch	3 miles increase the pace	MAD2 - Any other activity	3 miles	MAD2 Relax and stretch	MAD2 - Any other activity	12 MAD2-8
6	6 miles strengthening	MAD2 - Any other activity for a minimum 30 mins	4 miles pick up the pace	MAD2 Relax and stretch	4 miles	MAD2 - Any other activity	MAD2 Relax and stretch	14 MAD2-8
7	7 miles strengthening	MAD2 Relax and stretch	4 miles speed	MAD2 - Any other activity	4 miles intervals	MAD2 Relax and stretch	5 miles try speed and distance	20 MAD2-6
8	MAD2 Relax and stretch	3 miles speed	MAD2 - Any other activity for a minimum 30 mins	2 miles	MAD2 Relax and stretch	5 miles intervals	MAD2 - Any other activity	10 MAD2-8
9	8 miles strength and speed	MAD2 Relax and stretch	4 miles speed	MAD2 Relax and stretch	4 miles speed	MAD2 - Any other activity for a minimum 30 mins	8 miles strength and speed	24 MAD2-6
10	MAD2 Relax and stretch	MAD2 - Any other activity for a minimum 30 mins	4 miles speed	MAD2 Relax and stretch	4 miles speed	MAD2 - Any other activity	MAD2 Relax and stretch	8 MAD2-10
11	10 miles The long one!	MAD2 Relax and stretch	MAD2 Relax and stretch	2 miles	MAD2 - Any other activity for a minimum 30 mins	MAD2 Relax and stretch	3 miles speed	15 MAD2-8
12	MAD2 Relax and stretch	MAD2 - Any other activity for a minimum 30 mins	MAD2 Relax and stretch	2 miles	MAD2 Relax and stretch	3 miles speed	The Big Day!	5 MAD2-8

CONGRATULATIONS you did it 13.1 miles!

To start using this plan, you must be able to walk 2 miles at a constant pace of 18 - 20 minutes per mile. If you are not able to do this yet, start with walking a little further every day until you are up to 2 miles and then repeat the first week as many times as necessary.

The goal is to complete a Half Marathon in 3 hours - walking approximately 13 - 15 minute miles.

Walk days Start by just getting into the habit of walking regularly - mix long walks with short walks... try increasing your speed just a little each time you do a short walk. After week 6, why not try interval training; alternating walking fast and slow to increase stamina?

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 Take a rest from aerobic activity start by stretching out and lying out flat on the floor for a few minutes to feel grounded. Then spend 5 - 10 minutes a day following a sequence of stretches that suit you. 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 - 4 By now you will begin to feel that you have more energy, so start introducing other activities and really feel your muscle tone and energy develop.

WEEK 5 - 12 Now you're walking - pick up the pace on short walks to increase speed - long walks to increase stamina.

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

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!