

## Walking Group Training Plan – Aramco Houston Half Marathon

Weeks To Go	Dates	Monday	Wednesday	Thursday	Saturday
16	9/27-10/3				6 miles
15	10/4-10/10	3	3	3	7 miles
14	10/11-10/17	3	3	3	8 miles
13	10/18-10/24	3	3	3	7 miles
12	10/25-10/31	3	3	4	8 miles
11	11/1-11/7	3	4	4	9 miles
10	11/8-11/14	4	4	4	8 miles
9	11/15-11/21	4	4	4	9 miles
8	11/22-11/28	4	4	4	10 miles
7	11/29-12/5	4	4	4	9 miles
6	12/6-12/12	4	4	4	11 miles

Weeks To Go	Dates	Monday	Wednesday	Thursday	Saturday
5	12/13-12/19	4	4	4	7 miles
4	12/20-12/26	4	4	4	13 miles
3	12/27-1/2	4	4	4	6 miles
2	1/3-1/9	4	3	3	4 miles
1	1/10-1/16	3	3	3	Race Day!

**\*\*Wednesday\*\* Speed Work Day** – pick up your pace – walk as fast as you can, do intervals, as easy as light pole to light pole or pick out any focal point then walk as fast as you can until you get to that focal point, then walk a normal pace until the next focal point where you pick it up again and walk as fast as you can. Alternating this for the 3 or 4 miles that we have on Wednesdays. Always warm up at your usual comfortable pace (don't dive into fast first), then end with your usual comfortable pace. I call these 'Light Pole Pick-ups' we can practice these and also do other speed drills as well. Wednesdays give you plenty of time to recover from the long distance of Saturday and give you plenty of time to recover from Speed Work before the next Saturday.

**\*Saturday is mileage building day** – long slower distance walk

\*You may vary the days of the week to fit your schedule but generally speaking you should have at least two days of rest each week.

