



2012

Dr. Phil Heit's

Half Marathon Training Schedule

Below is a schedule to help you prepare for the *New Albany Walking Classic*. The schedule assumes you can start out by walking 5 miles. Assuming you remain injury free and stick to this schedule, you should be able to complete the half marathon. Of course, you can train with the New Albany Walking Club as this schedule will be followed during our Sunday morning walks.

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	5.0 miles	rest	3.0 miles (s)	3.0 miles (b)	3.0 miles (s)	3.0 miles (s)	ct
2	6.0 miles	rest	3.0 miles (s)	3.0 miles (b)	3.0 miles (s)	3.0 miles (s)	ct
3	7.0 miles	rest	3.0 miles (s)	3.0 miles (b)	3.0 miles (s)	3.0 miles (s)	ct
4	6.0 miles	rest	3.0 miles (s)	3.0 miles (b)	3.0 miles (s)	3.0 miles (s)	ct
5	8.0 miles	rest	3.0 miles (s)	3.0 miles (b)	3.0 miles (s)	3.0 miles (s)	ct
6	7.0 miles	rest	4.0 miles (s)	4.0 miles (b)	4.0 miles (s)	3.0 miles (s)	ct
7	9.0 miles	rest	4.0 miles (s)	4.0 miles (b)	4.0 miles (s)	3.0 miles (s)	ct
8	10.0 miles	rest	4.0 miles (s)	4.0 miles (b)	4.0 miles (s)	3.0 miles (s)	ct
9	8.0 miles	rest	4.0 miles (s)	4.0 miles (b)	4.0 miles (s)	3.0 miles (s)	ct
10	11.0 miles	rest	4.0 miles (s)	4.0 miles (b)	4.0 miles (s)	3.0 miles (s)	ct
11	10.0 miles	rest	3.0 miles (s)	3.0 miles (b)	3.0 miles (s)	3.0 miles (s)	ct
12	8.0 miles	rest	3.0 miles (s)	3.0 miles (b)	3.0 miles (s)	3.0 miles (s)	ct
13	7.0 miles	rest	3.0 miles (s)	3.0 miles (b)	3.0 miles (s)	3.0 miles (s)	rest

All long walks take place on Sundays and will be at a slow pace. By slow, think about how fast you can walk a three miler if you wanted go at a pace in which you are breathing somewhat hard. This is also considered brisk. If that time is 15 minutes per mile, your slow pace would be around 16-16:30 per mile or 1 to 1.5 minutes slower.

s = slow b = brisk ct = cross train such as stretching, lifting, swimming, etc.

Each week begins on a Sunday.

Notice that you did not get up to a half-marathon on a Sunday walk since there is no need to do in training what you will do in a race. HAPPY TRAINING !