



CHILLY HALF MARATHON

SUNDAY, MARCH 3, 2024 | BURLINGTON ONTARIO

This training plan is for anyone currently able to walk a distance of at least 3.5K without stopping who would like to challenge themselves to train for and complete a half marathon event in 8 weeks. This training plan was developed by Coach Mark Sullivan of iRuniCoach.com

HALF MARATHON (21.1K) WALK: 8-WEEK TRAINING PROGRAM | BEGINNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	STRENGTH TRAINING	APPROX. 3K WALK (START SLOWLY TO WARM UP)	CROSS-TRAINING UP TO 30 MIN.	2K-3K WALK + FLEXIBILITY	REST	1.5-2K EASY WALK (CONSIDER THIS A 'PREP' FOR SUNDAY)	3.5K WALK (SUNDAYS = 'LONGEST' WALK)
2	STRENGTH TRAINING	3K - 4K WALK (START SLOWLY TO WARM UP)	CROSS-TRAINING APPROX. 30 MIN.	>= 3.5K WALK + FLEXIBILITY	REST	2.5K WALK (SHOULD BE AN EASY 'PREP' WALK)	5 - 6K WALK (KEEP YOUR PACE COMFORTABLE)
3	STRENGTH TRAINING	5K WALK (START SLOWLY TO WARM UP)	CROSS-TRAINING UP TO 35 MIN.	UP TO 5K WALK + FLEXIBILITY	REST	EASY 3K UP TO 3.5K PREP WALK & GENTLE POST-WALK STRETCH	UP TO 8.5K WALK (WALK A RELATIVELY EASY EFFORT)
4	STRENGTH TRAINING	6K - 7K WALK (START SLOWLY TO WARM UP)	CROSS-TRAINING APPROX. 35 MIN.	APPROX. 6.5K WALK + FLEXIBILITY	REST	3K - 4K EASY WALK (STRETCH FOR 10-15 MIN. AFTER WALK)	10 - 11K WALK (RELAXED PACE & EASY EFFORT)
5	STRENGTH TRAINING	7K < 8K WALK (START SLOWLY TO WARM UP)	CROSS-TRAINING UP TO 40 MIN.	UP TO 7K WALK + FLEXIBILITY	REST	3.5K UP TO 4.5K EASY WALK & POST-WALK STRETCH	UP TO 13.5K WALK (COMFORTABLE - MODERATE EFFORT)
6	STRENGTH TRAINING	8K < 9K WALK (STARTING SLOWLY TO WARM UP)	CROSS-TRAINING APPROX. 40 MIN.	7K WALK + FLEXIBILITY	REST	3.5K UP TO 5K EASY PACED WALK POST-WALK STRETCH	APPROX. 16K WALK ('CONVERSATIONAL PACE')
7	STRENGTH TRAINING	9K - 10K WALK (START SLOWLY TO WARM UP)	CROSS-TRAINING UP TO 60 MIN.	5K - 7K WALK + FLEXIBILITY	REST	4K UP TO 5K EASY PACED WALK POST-WALK STRETCH	UP TO 18.5K WALK (EASY EFFORT & PACE)
8	STRENGTH TRAINING	APPROX. 8K WALK (START SLOWLY TO WARM UP)	CROSS-TRAINING UP TO 30 MIN.	4K - 5K EASY WALK + FLEXIBILITY	REST & VISUALIZE	EASY WALK UP TO APPROX. 2-2.5K POST-WALK STRETCH	HALF MARATHON 21.1K

STRENGTH TRAINING: This can include traditional weight lifting with free weights or machines, body weight exercises, resistance bands, core training.

CROSS-TRAINING: This would include biking, rowing, elliptical, swimming, yoga, exercise class, etc.

FLEXIBILITY: This includes static and dynamic stretching and elongation exercises like yoga and pilates.

REST: Rest is an absolutely essential part of any training program. Rest allows the body to recover from workouts and helps to prevent overuse injuries. The body will only make gains and grow stronger when adequate post-workout rest is part of the routine.

Remember: The purpose of this program is to help you safely reach your race goal by providing a structured plan for you to follow. No one plan will be perfect for everyone. You may need to adjust distances. Listen to your body and modify the plan accordingly.