



## Ottawa Race Weekend - May 27, 2007

## Full Marathon Walk Training Schedule

Novice (All first time marathoners)

Week Beginning:	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week
January 21, 2007	1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1
January 28, 2007	2	N/A	N/A	N/A	N/A	KICKOFF PARTY	EASY 30 min	OFF or EASY 30 min	2
February 4, 2007	3	EASY 10 KM	REST	45 min FTLK	OFF or EASY 30 min	TEMPO 10-10-10	EASY 30 min	OFF or EASY 30 min	3
February 11, 2007	4	GOAL PACE 12 KM	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-10-10	EASY 45 min	OFF or EASY 30 min	4
February 18, 2007	5	EASY 14 KM	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-20-10	EASY 45 min	OFF or EASY 30 min	5

ENDURANCE

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**STRETCHING** = Stretching is one of the most important things you can do to stay injury free. No matter how busy you are, you should take time to stretch, especially after your workouts.

**FTLK** = This is a FARTLEK workout. Fartlek is a Swedish word meaning speedplay. For our purposes, these are easy walks, interrupted by one to two minute bursts of faster walking, perhaps using racewalking technique, or by walking fast up every hill if you train on a hilly course. Don't worry about when or how many bursts you do, just throw in a fast spurt whenever you feel like it.

**TEMPO** = This is a Tempo workout. 10-10-10 means do an easy 10 minute warm up, 10 minutes at race pace, and then an easy 10 minute cool down. It's okay to substitute a 5 to 10 km race on these days, just don't push too hard.