



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
February 25, 2007	6	EASY 16 KM	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-20-10	EASY 45 min	OFF or EASY 30 min	6
March 4, 2007	7	EASY 11 KM (CHILLY 1/2 AND 5K)	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-30-10	EASY 60 min	OFF or EASY 30 min	7
March 11, 2007	8	EASY 19 KM	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-30-10	EASY 60 min	OFF or EASY 30 min	8
March 18, 2007	9	MILESTONE 21 KM	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-30-10	EASY 60 min	OFF or EASY 30 min	9
March 25, 2007	10	EASY 16 KM (ATB 30 K)	REST	ECONOMY 10x200metre	OFF or EASY 30 min	TEMPO 10-40-10	EASY 60 min	OFF or EASY 30 min	10

STRENGTH

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DYNAMIC FLEXIBILITY DRILLS = Marathon walkers should do dynamic flexibility drills before each workout to increase their flexibility throughout the dynamic range of the walking motion.

ECONOMY = Economy intervals are short, fast intervals with relatively long recoveries. Beginners will just walk very fast using their usual technique. More advanced walkers will use racewalking technique, aiming for their 5K race pace or slightly faster. Always do a complete warm up before even thinking about doing this or any other fast workout! An example is a '6x200 metre' or '6x1 minute' workout, which indicates six fast 200 metre or 1 minute intervals with about 200 metres (or two minutes) of very easy walking to allow recovery between each fast interval. If you have access to a high school track it will make it much easier to keep track of the distances, as a standard track is 400 metres

TRAINING RACES = There are a number of great local races held each spring that make for good marathon practice. You might want to consider registering for a 5 or 10 km race or even a half marathon or Around the Bay to get a taste of what to expect on your big day. (Registration fees vary and are not covered by TNT)