



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
May 6, 2007	16	MILESTONE 33 KM (SPORTING LIFE 10K)	REST	ECONOMY 8x400metre	OFF or EASY 30 min	TEMPO 10-40-10	EASY 45 min	OFF or EASY 30 min	16
May 13, 2007	17	GOAL PACE 19 KM (MISSISSAUGA 1/2)	REST	40 min FTLK	OFF or EASY 30 min	TEMPO 10-30-10	EASY 30 min	OFF or EASY 30 min	17
May 20, 2007	18	EASY 13 KM	REST	20 min FTLK	OFF or EASY 30 min	TEMPO 10-10-10	OFF or EASY 20 min	PRE-RACE 4-5km/2-3mi	18
May 27, 2007	RACE	OTTAWA MARATHON	Massage Day						

TAPER

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Once you've done your mileage build-up and completed several 25 to 30 km walks, the real work is done. About three weeks before the race you'll 'sharpen' by cutting your mileage back by anywhere from 1/3 to 2/3 of your normal workload to give your body a break from the long stuff and to work a bit more on your marathon goal pace. This is your taper period. The goal of a taper is to ensure that you're well rested, but also to make sure you're 'sharp' and fast.

Your main objectives in the weeks before the race are physical and mental rest, and glycogen storage, but you also need to keep active enough to retain fitness and flexibility. One of the biggest mistakes first-time marathoners make is trying to do too much too late. Whatever training you've done is 'in there'. You can't do a whole lot to improve your fitness in the week before a marathon, but you can beat yourself up and make yourself overtired and overtrained by trying to catch up on missed training.