



Ottawa Race Weekend - May 27, 2007

Half Marathon Walk Training Schedule

Novice (All first time marathoners)

Week Beginning:	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week
April 1, 2007	11	EASY 12 KM	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-40-10	EASY 60 min	OFF or EASY 30 min (HARRY'S 8K AND 5K)	11
April 8, 2007	12	MILESTONE 13 KM	REST	ECONOMY 12x200metre	OFF or EASY 30 min	TEMPO 10-40-10	EASY 60 min	OFF or EASY 30 min	12
April 15, 2007	13	MILESTONE 10 KM (BOB HARTWELL 1/2)	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-40-10	EASY 60 min	OFF or EASY 30 min	13
April 22, 2007	14	MILESTONE 15 KM	REST	ECONOMY 12x200metre	OFF or EASY 30 min	TEMPO 10-40-10	EASY 60 min	OFF or EASY 30 min	14
April 29, 2007	15	GOAL PACE 11 KM	REST	60 min FTLK	OFF or EASY 30 min	TEMPO 10-40-10	EASY 60 min	OFF or EASY 30 min	15

SPEED

SPEED

How Do I Know if it is time for New Shoes?

"Shoes that are well trained in will last for approximately 600-800 km. That is equal to about 6000-8000 minutes for most walkers. This means that you can expect to need new shoes about every 3-4 months on average. If a comfortable shoe begins to feel uncomfortable then you know it's time. Don't wait until you are in pain to move on to a new shoe, and definitely don't head into your big day event with the same shoes you have trained in from the start. You should be considering new shoes within a month of your race day and breaking them in a bit on your short walks so that you know they are comfortable for the race. It is highly recommended that you have two pairs to train in; one for your shorter distances, one for the longer distances. Or alternate wearing each pair from one training day to the next. This will allow for the shoes to "bounce back" after training and to breathe and air out before you step into them again.

If you are within 6 weeks of your event start thinking about whether you are ready for a new shoe. If you have been wearing the same pair since the start, then you ARE ready. Good shoes make happy feet and happy feet make for smiles at the finish line."

Coach Crystal