



TNT Walking Schedule
Ottawa Half Marathon
Level: Beginner

Coach: Crystal Mickolwin, Toronto
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NOTES:

Your schedule is based on the assumption that you have had limited walking or physical activity up to this point. Aim for 4-5 training walks per week.

This first month is geared to getting you on your feet and getting comfortable with walking. From here on there will be a gentle increase in distance and intensity that you can adjust to fit your own level of comfort and fitness.

At all costs try not to miss your long walk (Saturdays) even if this means switching to another day of the week. This is the cornerstone to gaining the endurance needed for a half marathon walk.

In this initial period the long walks should be done at an easy but brisk pace that allows you to achieve the endurance and distance with comfort.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 28 - Feb 3	30 minutes		30 minutes		30 minutes		5km / 3M
Feb 4-10	OFF or 30 minutes easy	40 minutes Steady	REST	50 minutes Steady	40 minutes Steady	OFF or 30 minutes easy	6km / 4M easy
Feb 11-17	OFF or 30 minutes easy	40 minutes Steady	REST	50 minutes Steady	40 minutes Steady	OFF or 30 minutes easy	7km / 4.5 M easy
Feb 18-24	OFF or 30 minutes easy	40 minutes Steady	REST	50 minutes Steady	40 minutes Steady	OFF or 30 minutes easy	8km / 5M easy
Feb 25 - March 3	OFF or 30 minutes easy	40 minutes Steady	REST	50 minutes Steady	40 minutes Steady	OFF or 30 minutes easy	8km / 5M steady
March 4-10	OFF or 40 minutes easy	40 minutes Steady	REST Or XTrain	50 minutes Steady	40 minutes Steady	OFF or 30 minutes easy	10km / 6.25M easy



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Consider introducing some cross training (XTrain) on your off days. This might include resistance training (weights), flexibility (yoga, stretching), core strengthening (pilates, abdominal work), or some other form of aerobic exercise such as cycling. These alternative exercises can help lessen exercise boredom and help build overall physical fitness, cardio and strength which will in turn help improve your walking too.

During this month you will be introduced to hill training. This provides the benefit of boosting your cardio while also building leg muscles. Hill repeats should include a warm-up and cool-down period to help prevent injury or strain. See your manual for more details.

You will test your goal pace this month.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 11-17	OFF or 40 minutes easy	40 minutes Steady	REST Or XTrain	5km or 50 minutes Steady	45 minutes Steady	REST Or XTrain	10km / 6.25M Steady <i>Intro to Hill Training</i>
March 18-24	OFF or 40 minutes easy	5km or 50 minutes Steady	REST Or XTrain	20 min w/u Hills x 2 20min c/d	45 minutes Steady	REST Or XTrain	12km / 7.5 M easy
March 25-31	OFF or 40 minutes easy	6km or 60 minutes Steady	REST Or XTrain	20 min w/u Hills x 3 20 min c/d	45 minutes Steady	REST Or XTrain	14km / 8.75M easy
April 1-7	OFF or 50 minutes easy	6km or 60 minutes Steady	REST Or XTrain	20 min w/u Hills x 4 20 min c/d	45 minutes Steady	REST Or XTrain	16km / 10M easy
April 8-14	OFF or 50-60 minutes easy	6km or 60 minutes Steady	REST Or XTrain	20 min w/u Hills x 5 20 min c/d	45 minutes Steady	REST Or XTrain	16km / 10M steady <i>Intro to Fartlek</i>
April 15-21	OFF or 50-60 minutes easy	6km or 60 minutes Steady	REST Or XTrain	30 minutes Fartlek	45 minutes Steady	REST Or XTrain	12km / 8.75M goal pace



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In this final month we will introduce Fartlek and Tempo training. These are meant to help build speed and cardio fitness. See your manual for more details.

In this final period you will have a chance to test your goal pace once again. It is a good opportunity to test your endurance at a faster pace and will help you set your time expectations for race day.

This month you will do a dress rehearsal in order to test your clothing and nutrition for race day. This is the longest walk you will do before race day.

In the last two weeks before race day you will “taper” down your training distances a bit to allow your body to rest in order to be ready for the BIG DAY!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 22-28	OFF or 50-60 minutes easy	6km or 60 minutes Steady	REST Or XTrain	30 minutes Fartlek	45-50 minutes Steady	REST Or XTrain	18km / 11M easy
April 29 - May 5	OFF or 60 minutes easy	6km or 60 minutes Steady	REST Or XTrain	40 minutes Fartlek	45-50 minutes Steady	REST Or XTrain	12km / 7.5M steady <i>intro to Tempo</i>
May 6-12	OFF or 60 minutes easy	6km or 60 minutes Steady	REST Or XTrain	50 minutes A. Tempo	45-50 minutes Steady	REST Or XTrain	20km / 12.5 M steady <i>practice your nutrition</i>
May 13-19	OFF or 60 minutes Easy <i>begin to taper</i>	6km or 60 minutes Steady	REST Or XTrain	40 minutes A. Tempo	40 minutes Steady	REST Or XTrain	10km / 6.25 M Goal pace
May 20-26	OFF or 45 minutes easy	5km or 50 minutes Steady	REST Or XTrain	30 minutes A. Tempo	30 minutes Steady	REST	4km 2.5 M
May 27	<p>RACE DAY</p> <p>OTTAWA HALF MARATHON</p>						