

WALKING STARS TRAINING PLAN

21 NOV 2020

NIGHT-TIME
WALKING
HALF-MARATHON



WALKING STARS

6
WEEKS
PLAN

- The provided plan is just an example of how to incrementally train for a walking half marathon; we understand that people have very different schedules, so change it around to best fit with your week while still trying to hit those totals!

- Each exercising day is split into two targets: distance or time. When used together as a combined target, these are based off an average walking pace. If you are already super fit or perhaps you haven't gone for a walk in a wee while, then chose the distance or the time as your goal for the day.

- While the Walking Star's track is predominantly flat, don't think that's an excuse to not go and conquer some hills (and it'll make it feel easier on the day)! Training on varying degrees of incline is a great way to increase difficulty and burn more calories - so mix up your training routes to help keep things interesting and challenging.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Rest	5km 60 min	Rest	3km 40 min	5km 60 min	Rest	7km 1 hr 30 min	20km 4 hr 10 min
2	Rest	6 km 75 min	Rest	4km 50 min	5km 60 min	Rest	10 km 2 hr 15 min	25 km 5 hr 20 min
3	Rest	3km 40 min	Rest	12km 2 hr 30 min	Rest	Rest	15km 3hr	30km 6 hr 10 min
4	Rest	5km 60 min	Rest	12km 2 hr 30 min	Rest	Rest	20km 4 hr 15 min	37km 7 hr 45 min
5	Rest	Rest	3km 30 min	15km 3hr	Rest	3km 40 min	10 km 2 hr	31km 5 hr 10 min
6	Rest	6 km 75 min	Rest	3km 30 min	Rest	21.1km EVENT	RELAX!	30.1km

Pace Chart

Speed (km/h)	1km	5km	10km	15km	20km	1/2 Marathon
3.00	00:20:00	01:40:00	03:20:00	05:00:00	06:40:00	07:02:00
3.25	00:18:27	01:32:15	03:04:30	04:36:45	06:09:00	06:29:18
3.50	00:17:08	01:25:40	02:51:20	04:17:00	05:42:40	06:01:31
3.75	00:16:00	01:20:00	02:40:00	04:00:00	05:20:00	05:37:36
4.00	00:15:00	01:15:00	02:30:00	03:45:00	05:00:00	05:16:30
4.25	00:14:07	01:10:35	02:21:10	03:31:45	04:42:20	04:57:52
4.50	00:13:20	01:06:40	02:13:20	03:20:00	04:26:40	04:41:20
4.75	00:12:37	01:03:05	02:06:10	03:09:15	04:12:20	04:26:13
5.00	00:12:00	01:00:00	02:00:00	03:00:00	04:00:00	04:13:12
5.25	00:11:25	00:57:05	01:54:10	02:51:15	03:48:20	04:00:54
5.50	00:10:54	00:54:30	01:49:00	02:43:30	03:38:00	03:49:59
5.75	00:10:26	00:52:10	01:44:20	02:36:30	03:28:40	03:40:09
6.00	00:10:00	00:50:00	01:40:00	02:30:00	03:20:00	03:31:00
6.25	00:09:36	00:48:00	01:36:00	02:24:00	03:12:00	03:22:34
6.50	00:09:13	00:46:05	01:32:10	02:18:15	03:04:20	03:14:28
6.75	00:08:53	00:44:25	01:28:50	02:13:15	02:57:40	03:07:26
7.00	00:08:34	00:42:50	01:25:40	02:08:30	02:51:20	03:00:45

Stretch! Stretching is super important for whenever you're exercising, let alone when you're training for a half marathon. Refer to the stretching info provided to ensure that you properly warm up and cool down each day - it will help you stay injury-free and you'll feel all the better for it.



Notes