

Training for your St. Mary's School Mardi Gras 5K - Walker

Please see www.halhidon.com for more training information

Who Says You Have to Run to Finish a 5-K?

Week of	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dec 16	30-60 min walk	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 m walk
Dec 23	35-60 min walk	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 m walk
Dec 30	40-60 min walk	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2 MI walk
Jan 6	45-60 min walk	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 m walk
Jan 13	50-60 min walk	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.5 m walk
Jan 20	55-60 min walk	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 m walk
Jan 27	60 min walk	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 m walk
Feb 3	30-60 min walk	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Feb 9 5-K Walk

MANY, IF NOT MOST, 5-K RUNNING RACES WELCOME WALKERS. Whether or not the event includes a competitive racewalking division (which requires judges), walkers usually can participate in most running races. Sometimes walkers start well before the runners, sometimes they start after the runners, sometimes they start at the same time.

If your only interest is to stroll 5-K at a comfortable pace, you probably don't need any particular training program. Just make sure you have a comfortable pair of walking shoes and do enough walks of at least 15-30 minutes in the last month or two before the 5-K to make sure you won't have any trouble finishing the 3.1-mile distance.

But if you would like more guidance, here is a training program you can use. The following information relates to the eight-week 5-K training program for walkers that follows:

Monday: Rest or walk. You trained pretty hard over the weekend, so use this day of rest if you experience any fatigue, or if your leg muscles are sore. In my Novice training programs developed for runners, Monday is usually a rest day. Only the Intermediate and Advanced runners train on this day.

Tuesday: Many of the training programs utilize a 48-hour break between bouts of hard exercise, so it's time to train again. In this eight-week program, begin by walking for 15 minutes at a comfortable pace. Every other week, add another 5 minutes to the length of your walk. By going at it gradually, you should be able to improve your walking ability without discomfort or risk of injury.

Wednesday: Rest or walk. Hard/easy is a common pattern among runners. You train hard to exercise your muscles, then rest to give them time to recover. You might want to take today off, but if yesterday's walk went good, feel free to walk again, regardless of distance. If you're really feeling strong, repeat the Saturday or Sunday pattern for your Wednesday walks.

Thursday: This is a repeat of Tuesday's workout pattern. Begin with 15 minutes and add five more minutes to your walk every second week.

Friday: Another rest day. You need to make sure your muscles are well rested so you can train hard on the weekends. Depending on your own particular schedule, you may want to juggle workouts, substituting one day's workout for another. It doesn't matter that much on which day you do specific workouts as long as you are consistent with your training.

Saturday: The Saturday workouts are stated in miles rather than minutes. This is to give you an idea of how much distance you are able to cover over a specific period of time as well as to give you confidence in your ability to walk 5 kilometers. The 5-K is actually 3.1 miles long, so by the time you get to the 3-miler on the seventh Saturday, you will be only a short distance from achieving your goal.

Sunday: At least one day a week, it's a good idea to go for a long walk without worrying about exactly how much distance you cover. For instance, walk in the woods over unmeasured trails. Most people should be able to walk continuously for an hour at least once a week, even if it means walking very slow or pausing to rest. If walking an hour seems too difficult the first week, start with 30 minutes and by adding 5 minutes each week, build up to the point where you can walk continuously for 60 minutes.