

Chicago Walkers Club - December 2007 Training – Competitive Racers

Week 1

Mon Off or cross train
Tue 3 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed 5 miles easy
Thurs 4 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5Kpace; walk with 9:00 group
Sun Dec 9 8 to 10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 2

Mon Off or cross train
Tue 4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed 5 miles easy
Thurs 4 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5Kpace; walk with 9:00 group
Sun 8 to 10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 3

Mon Off or cross train
Tue 4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed 5 miles easy
Thurs 4 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5Kpace; walk with 9:00 group
Sun 10 to 12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 4

Mon Off or cross train
Tue Off or 3 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Wed 5 miles easy
Thurs 4 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5Kpace; walk with 9:00 group
Sun 8 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Notes: This month we work on form and endurance going from about 28 miles per week to about 31 miles per week before cutting back slightly the fourth week. Our goal is to get to 38 or 39 miles per week by the end of February. Because we're mainly building endurance, most of our training will be at an easy pace – 2:30 to 3 min per mile slower than 5K race pace. Our long days will be slightly faster but still a fairly easy pace. We'll continue to do anaerobic threshold interval training once per week to maintain some speed. In February we will begin to increase the amount of anaerobic threshold interval training.

Tips: Be flexible; the schedule is a guide, not a rulebook. If these days don't work for you, rearrange them. But don't do too many hard workouts back-to-back. Alternate them with off days or easy days. If you miss some workouts because you're sick, injured, too busy, or the weather is bad, ease back into the schedule gradually. If you can't manage 12 to 14 miles at one time – say, when it's icy outside and

the treadmill and indoor track is too boring – break it up; do half in the morning and half in the afternoon or evening. For more on pulse rate, see Diane’s “Understanding Pulse-Rate and Training.”

Chicago Walkers Club - January 2008 Training – Competitive Racers

Week 1

Mon Off or cross train
Tue 1 mile warm-up; 2 mile @5K pace; 6-7 min. rest; 2 mile @5K pace
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 4 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5Kpace; walk with 9:00 group
Sun 8 to10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 2

Mon Off or cross train
Tue 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed 6 miles easy
Thurs 4 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 10 to12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 3

Mon Off or cross train
Tue 1 mile warm-up; 2 mile @5K pace; 6-7 min. rest; 2 mile @5K pace
Wed 6 miles easy
Thurs 4 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun 10 to12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 4

Mon Off or cross train
Tue 5 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Wed 5 miles easy
Thurs Off or 4 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 8 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Notes: This month we’ll continue working on form and endurance getting up to about 33 miles per week before cutting back the fourth week, still working towards 38 or 39 miles per week by the end of February. We’re still mainly building endurance with most of our training at an easy pace – 2:30 to 3 min per mile slower than 5K race pace. Our long days are slightly faster but still a fairly easy pace. We’ll continue our Saturday morning anaerobic threshold (AT) interval training and add another AT workout every other Tuesday.

Chicago Walkers Club –February 2008 Training – Competitive Racers

Week 1

Mon Off or cross train
Tue 1 mile warm-up; 2 mile @5K pace; 6-7 min. rest; 2 mile @5K pace
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 6 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun 10 to12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 2

Mon Off or cross train
Tue 1 mile warm-up; 2 mile @5K pace; 6-7 min. rest; 2 mile @5K pace
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 6 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 10 to14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 3

Mon Off or cross train
Tue 1 mi warm-up; 4K or 2.5mi @ 5K pace; ~9 min rest; 4k or 2.5mi @ 5K pace
Wed 6 miles easy
Thurs 6 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 4

Mon Off or cross train
Tue 1 mi warm-up; 2 mi @ 5K pace; ~7 min rest; 2 mi @ 5K pace
Wed 6 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs 4 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 8 to10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 5

Mon Feb 25 Off or cross train
Tue Feb 26 ½ to 1mi warm-up; 2mi @ 5K pace; ~7min rest; 2mi @ 5K pace; ~7min rest; 2mi@5K
Wed Feb 27 6 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs Feb 28 7 miles easy
Fri Feb 29 Off or cross train
Sat Mar 1 Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun Mar 2 10 to12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Notes: This month we'll continue working on form and endurance going from about 34 miles per week to about 38 miles per week by the end of the month. Keeping an easy pace – 2:30 to 3 min per mile slower than 5K race pace – for much of our training will make it easier to increase mileage. We'll continue our Saturday morning anaerobic threshold (AT) interval training and increase AT workouts to every Tuesday. For the AT intervals, @ 5K race pace means a little slower than 5K race pace. And it's best to do the first one slower and successive ones slightly faster.

Chicago Walkers Club –March 2008 Training – Competitive Racers

Week 1

Mon Off or cross train
Tue 1 mi warm-up; 4K or 2.5mi @ 5K pace; ~9 min rest; 4K or 2.5mi @ 5K pace
Wed 6 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 7 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun 10 to 12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 2

Mon Off or cross train
Tue ½ to 1mi warm-up; 2mi @ 5K pace; ~7min rest; 2mi @ 5K pace; ~7min rest; 2mi @ 5K
Wed 6 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 7 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 3

Mon Off or cross train
Tue 1 mi warm-up; 4K or 2.5mi @ 5K pace; ~9 min rest; 4K or 2.5 mi @ 5K pace
Wed 6 miles easy
Thurs Off or 5 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun 8 to 10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 4

Mon Off or cross train
Tue 1 mi warm-up; 2 mi @ 5K pace; ~7 min rest; 2 mi @ 5K pace; ~7min rest; 2mi @ 5K
Wed 6 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs Warm up and Speed Work; or 5 to 6 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Notes: This month we'll stay at about 35 to 39 miles per week and increase the amount of AT work on Tuesdays. Keeping an easy pace – 2:30 to 3 min per mile slower than 5K race pace – on our easy days will help us recover from our hard AT work and keep up our mileage.

Chicago Walkers Club - April 2008 Training – Competitive Racers

Week 1

Mon Off or cross train
Tue 1 mile warm-up; 4K or 2.5mi @ 5K pace; 9 min rest; 4K or 2.5mi @ 5K pace
Wed 6 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 6 miles easy
Fri Off
Sat Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 10 to 12 miles

Week 2

Mon Off or cross train
Tue 1 mile warm-up; 2 mi @ 5K pace; ~7 min. rest; 2 mi @ 5K pace; ~7 min rest; 2mi @5K
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs Warm up and Speed Work; or 5 to 6 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 3

Mon Off or cross train
Tue 1 mi warm-up; 4K or 2.5mi @ 5K pace; ~9 min rest; 4K or 2.5mi @ 5K pace
Wed 6 miles easy
Thurs Warm up and Speed Work; or 5 to 6 miles easy
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 4

Mon Off or cross train
Tue 1mi warm-up; 2mi @ 5K pace; ~7min rest; 2mi @5K pace
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs Warm up and Speed Work; or 5 to 6 miles easy
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 5

Mon Off or cross train
Tue ½ to 1 mi warm-up; 2 mi @ 5K pace; ~7 min rest; 2 mi @ 5K pace
Wed 4 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs Warm up and Speed Work (6 x 30 sec with 2 min easy walking in between)
Fri Off or easy walking
Sat Half Marathon!
Sun Rest.

Notes: We're easing a bit the last two weeks of this month to be rested for the Indy Mini on May 3.