

Chicago Walkers Club - December 2007 Training – Occasional 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 4 miles easy
Thurs 3 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 5 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 2

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 4 miles easy
Thurs 3 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 6 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 3

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 4 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 6 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 4

Mon Off or cross train
Tue 3 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Wed 4 miles easy
Thurs 3 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 5 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 21 miles per week to about 23 miles per week before cutting back slightly the fourth week. Our goal is to get to 30 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. For more on pulse rate, see Diane's "Understanding Pulse-Rate and Training."

Chicago Walkers Club - January 2008 Training – Occasional Racers

Week 1

Mon Off or cross train
Tue 1 mile warm-up; 1 mile @5K pace; 4-5 min. rest; 1 mile @5K pace
Wed 4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 5 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 6 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 4 miles easy
Thurs 5 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 7 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; 1 mile @5K pace; 6-7 min. rest; 1 mile @5K pace
Wed 4 miles easy
Thurs 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 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 4

Mon Jan 21 Off or cross train
Tue Jan 22 3 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Wed Jan 23 5 miles easy
Thurs Jan 24 Off or 4 miles easy
Fri Jan 25 Off or cross train
Sat Jan 26 Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun Jan 27 6 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 26 miles per week before cutting back the fourth week, still working towards 30 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 – Occasional Racers

Week 1

Mon Off or cross train
Tue 1 mile warm-up; 1mi @5K pace; 4min rest; 1mi @5K pace; 4min rest, 1mi@5K pace
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 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 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; 1mi @5K pace; 4min rest; 1mi @5K pace; 4min rest, 1mi@5K pace
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 5 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 9 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 5 miles easy
Thurs 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 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; 1 mi @ 5K pace; ~4 min rest; 1 mi @ 5K pace
Wed 4 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 6 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 5 (This is because January and March are more than 4 weeks long.)

Mon Off or cross train
Tue 1mi warm-up; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs 5 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 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 28 miles per week to about 30 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 – Occasional Racers

Week 1

Mon Off or cross train
Tue 1 mi warm-up; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 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 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Week 2

Mon Off or cross train
Tue 1mi warm-up; 2mi @ 5K pace; ~7min rest; 2mi @5K pace
Wed 4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 5 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 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; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K
Wed 5 miles easy
Thurs Off or 3 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 7 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
Wed 4 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs 5 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 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Notes: This month we'll stay at about 28 to 30 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 – Occasional Racers

Week 1

Mon Off or cross train
Tue 1 mile warm-up; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K
Wed 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs 5 miles easy
Fri Off
Sat Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun 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
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 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 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; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K
Wed 6 miles easy
Thurs Warm up and Speed Work; 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 12 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 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 6 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; 1 mi @ 5K pace; ~7 min rest; 1 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 May 4 Rest.

Notes: We're easing a bit the last two weeks of this month to be rested for the half marathon.