

Chicago Walkers Club - December 2007 training – competitive racers

Mon Dec 3 Off or cross train
Tue Dec 4 3 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed Dec 5 5 miles easy
Thurs Dec 6 4 miles easy
Fri Dec 7 Off or cross train
Sat Dec 8 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

Mon Dec 10 Off or cross train
Tue Dec 11 4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed Dec 12 5 miles easy
Thurs Dec 13 4 miles easy
Fri Dec 14 Off or cross train
Sat Dec 15 Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5Kpace; walk with 9:00 group
Sun Dec 16 8 to 10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Dec 17 Off or cross train
Tue Dec 18 4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed Dec 19 5 miles easy
Thurs Dec 20 4 miles easy
Fri Dec 21 Off or cross train
Sat Dec 22 Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5Kpace; walk with 9:00 group
Sun Dec 23 10 to 12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Dec 24 Off or cross train
Tue Dec 25 Off or 3 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Wed Dec 26 5 miles easy
Thurs Dec 27 4 miles easy
Fri Dec 28 Off or cross train
Sat Dec 29 Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5Kpace; walk with 9:00 group
Sun Dec 30 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 2007 training – competitive racers

Mon Dec 31 Off or cross train
Tue Jan 1 1 mile warm-up; 2 mile @5K pace; 6-7 min. rest; 2 mile @5K pace
Wed Jan 2 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs Jan 3 4 miles easy
Fri Jan 4 Off or cross train
Sat Jan 5 Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5Kpace; walk with 9:00 group
Sun Jan 6 8 to10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Jan 7 Off or cross train
Tue Jan 8 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed Jan 9 6 miles easy
Thurs Jan 10 4 miles easy
Fri Jan 11 Off or cross train
Sat Jan 12 Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun Jan 13 10 to12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Jan 14 Off or cross train
Tue Jan 15 1 mile warm-up; 2 mile @5K pace; 6-7 min. rest; 2 mile @5K pace
Wed Jan 16 6 miles easy
Thurs Jan 17 4 miles easy
Fri Jan 18 Off or cross train
Sat Jan 19 Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun Jan 20 10 to12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Jan 21 Off or cross train
Tue Jan 22 5 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 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 2007 training – competitive racers

Mon	Jan 28	Off or cross train
Tue	Jan 29	1 mile warm-up; 2 mile @5K pace; 6-7 min. rest; 2 mile @5K pace
Wed	Jan 30	5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs	Jan 31	6 miles easy
Fri	Feb 1	Off or cross train
Sat	Feb 2	Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun	Feb 3	10 to12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile
Mon	Feb 4	Off or cross train
Tue	Feb 5	1 mile warm-up; 2 mile @5K pace; 6-7 min. rest; 2 mile @5K pace
Wed	Feb 6	5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs	Feb 7	6 miles easy
Fri	Feb 8	Off or cross train
Sat	Feb 9	Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun	Feb 10	10 to14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile
Mon	Feb 11	Off or cross train
Tue	Feb 12	1 mi warm-up; 4K or 2.5mi @ 5K pace; ~9 min rest; 4k or 2.5mi @ 5K pace
Wed	Feb 13	6 miles easy
Thurs	Feb 14	6 miles easy
Fri	Feb 15	Off or cross train
Sat	Feb 16	Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun	Feb 17	10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile
Mon	Feb 18	Off or cross train
Tue	Feb 19	1 mi warm-up; 2 mi @ 5K pace; ~7 min rest; 2 mi @ 5K pace
Wed	Feb 20	6 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs	Feb 21	4 miles easy
Fri	Feb 22	Off or cross train
Sat	Feb 23	Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun	Feb 24	8 to10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile
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 2007 training – competitive racers

Mon Mar 3 Off or cross train
Tue Mar 4 1 mi warm-up; 4K or 2.5mi @ 5K pace; ~9 min rest; 4K or 2.5mi @ 5K pace
Wed Mar 5 6 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs Mar 6 7 miles easy
Fri Mar 7 Off or cross train
Sat Mar 8 Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun Mar 9 10 to 12 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Mar 10 Off or cross train
Tue Mar 11 ½ to 1mi warm-up; 2mi @ 5K pace; ~7min rest; 2mi @ 5K pace; ~7min rest; 2mi @ 5K pace
Wed Mar 12 6 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs Mar 13 7 miles easy
Fri Mar 14 Off or cross train
Sat Mar 15 Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun Mar 16 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Mar 17 Off or cross train
Tue Mar 18 1 mi warm-up; 4K or 2.5mi @ 5K pace; ~9 min rest; 4K or 2.5 mi @ 5K pace
Wed Mar 19 6 miles easy
Thurs Mar 20 Off or 5 miles easy
Fri Mar 21 Off or cross train
Sat Mar 22 Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun Mar 23 8 to 10 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Mar 24 Off or cross train
Tue Mar 25 1 mi warm-up; 2 mi @ 5K pace; ~7 min rest; 2 mi @ 5K pace; ~7min rest; 2mi @ 5K pace
Wed Mar 26 6 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs Mar 27 Warm up and Speed Work; or 5 to 6 miles easy
Fri Mar 28 Off or cross train
Sat Mar 29 Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun Mar 30 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 2007 training – competitive racers

Mon Mar 31 Off or cross train
Tue Apr 1 1 mile warm-up; 4K or 2.5mi @ 5K pace; 9 min rest; 4K or 2.5mi @ 5K pace
Wed Apr 2 6 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs Apr 3 6 miles easy
Fri Apr 4 Off
Sat Apr 5 Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun Apr 6 10 to 12 miles

Mon Apr 7 Off or cross train
Tue Apr 8 1 mile warm-up; 2 mi @ 5K pace; ~7 min. rest; 2 mi @ 5K pace; ~7 min rest; 2mi @5K
Wed Apr 9 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs Apr 10 Warm up and Speed Work; or 5 to 6 miles easy
Fri Apr 11 Off or cross train
Sat Apr 12 Warm-up; 10 min @ 5K pace; 4 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun Apr 13 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Apr 14 Off or cross train
Tue Apr 15 1 mi warm-up; 4K or 2.5mi @ 5K pace; ~9 min rest; 4K or 2.5mi @ 5K pace
Wed Apr 16 6 miles easy
Thurs Apr 17 Warm up and Speed Work; or 5 to 6 miles easy
Fri Apr 18 Off or cross train
Sat Apr 19 Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5K pace; walk with 9:00 group
Sun Apr 20 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Apr 21 Off or cross train
Tue Apr 22 1mi warm-up; 2mi @ 5K pace; ~7min rest; 2mi @5K pace
Wed Apr 23 5 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs Apr 24 Warm up and Speed Work; or 5 to 6 miles easy
Fri Apr 25 Off or cross train
Sat Apr 26 Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5K pace; walk with 9:00 group
Sun Apr 27 10 to 14 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Apr 28 Off or cross train
Tue Apr 29 ½ to 1 mi warm-up; 2 mi @ 5K pace; ~7 min rest; 2 mi @ 5K pace
Wed Apr 30 4 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Thurs May 1 Warm up and Speed Work (6 x 30 sec with 2 min easy walking in between)
Fri May 2 Off or easy walking
Sat May 3 Indy Mini half marathon!
Sun May 4 Rest.

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