

## Chicago Walkers Club - December 2007 training – occasional 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 4 miles easy  
Thurs Dec 6 3 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 5 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Dec 10 Off or cross train  
Tue Dec 11 3 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)  
Wed Dec 12 4 miles easy  
Thurs Dec 13 3 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 6 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Dec 17 Off or cross train  
Tue Dec 18 3 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)  
Wed Dec 19 4 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 6 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Dec 24 Off or cross train  
Tue Dec 25 3 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)  
Wed Dec 26 4 miles easy  
Thurs Dec 27 3 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 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 2007 training – occasional racers

Mon	Dec 31	Off or cross train
Tue	Jan 1	1 mile warm-up; 1 mile @5K pace; 4-5 min. rest; 1 mile @5K pace
Wed	Jan 2	4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Thurs	Jan 3	5 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	6 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile
Mon	Jan 7	Off or cross train
Tue	Jan 8	4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed	Jan 9	4 miles easy
Thurs	Jan 10	5 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	7 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; 1 mile @5K pace; 6-7 min. rest; 1 mile @5K pace
Wed	Jan 16	4 miles easy
Thurs	Jan 17	5 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	8 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile
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 2007 training – occasional racers

Mon Jan 28 Off or cross train  
Tue Jan 29 1 mile warm-up; 1mi @5K pace; 4min rest; 1mi @5K pace; 4min rest, 1mi@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 5 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 8 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; 1mi @5K pace; 4min rest; 1mi @5K pace; 4min rest, 1mi@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 5 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 9 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 5 miles easy  
Thurs Feb 14 5 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 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; 1 mi @ 5K pace; ~4 min rest; 1 mi @ 5K pace  
Wed Feb 20 4 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 6 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Feb 25 Off or cross train  
Tue Feb 26 1mi warm-up; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K  
Wed Feb 27 5 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)  
Thurs Feb 28 5 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 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 2007 training – occasional racers

Mon Mar 3 Off or cross train  
Tue Mar 4 1 mi warm-up; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K  
Wed Mar 5 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)  
Thurs Mar 6 5 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 8 miles @ 60 to 74% max heart rate or 5K pace + 2:15 min/mile

Mon Mar 10 Off or cross train  
Tue Mar 11 1mi warm-up; 2mi @ 5K pace; ~7min rest; 2mi @5K pace  
Wed Mar 12 4 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)  
Thurs Mar 13 5 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 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; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K  
Wed Mar 19 5 miles easy  
Thurs Mar 20 Off or 3 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 7 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  
Wed Mar 26 4 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)  
Thurs Mar 27 5 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 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 2007 training – occasional racers

Mon Mar 31 Off or cross train  
Tue Apr 1 1 mile warm-up; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K  
Wed Apr 2 5 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)  
Thurs Apr 3 5 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 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  
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 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 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; 1mi @ 5K pace; ~4min rest; 1mi @ 5K pace; ~4min rest; 1mi@5K  
Wed Apr 16 6 miles easy  
Thurs Apr 17 Warm up and Speed Work; or 5 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 12 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 4 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 6 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; 1 mi @ 5K pace; ~7 min rest; 1 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.