

12 week Half Marathon Walk Programme (12 weeks)

A 12 week programme to build towards a half marathon walk. This includes options of easy cycling, swimming, and a restorative session blended in with 3-4 walks a week. You should be able to walk for an hour comfortably before starting out with this programme.

EVERFIT Coaching Philosophy - Blend the training in around life so it doesn't add to the stress load. If possible organise to complete sessions with good training buddies out in the beautiful environment. Enjoy the training journey!

Please feel free to connect with EVERFIT coaching on FACEBOOK (www.facebook.com/everfitcoaching), Instagram ([everfitcoaching](https://www.instagram.com/everfitcoaching)), and online (www.everfit.co.nz)

Happy Training,

Brad Dixon (EVERFIT Coach & Physiotherapist)

Week 1 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 2min with 2min STEADY inbetween. Repeat this 6 x before warming down for 10min 00h:40m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk (Strength phase) Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under the hip. Schedule in some mild rises and descents please in middle of the walk if possible. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:30m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Walk Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 01h:00m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 2 (5 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 2min with 2min STEADY inbetween. Repeat this 6 x before warming down for 10min 00h:40m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk (Strength phase) Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under the hip. Schedule in some mild rises and descents please in middle of the walk if possible. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Walk Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 01h:15m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 3 (5 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>EASY walk with good stretching afterwards. Walking EASY walk 5min EASY warm up, then build into a STEADY pace over any terrain you want. Arrange to meet up with some mates. Spend 5-10min afterwards stretching. 00h:30m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 2min with 2min STEADY inbetween. Repeat this 8 x before warming down for 10min 00h:45m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk (Strength phase) Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under the hip. Schedule in some mild rises and descents please in middle of the walk if possible. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:45m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Walk Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 01h:30m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 4 (4 hours)

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Week 5 (5 hours)

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<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 2min with 2min STEADY inbetween. Repeat this 8 x before warming down for 10min 00h:45m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk (Strength phase) Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under the hip. Schedule in some mild rises and descents please in middle of the walk if possible. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:45m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Walk Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 01h:40m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 7 (5 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 2min with 2min STEADY inbetween. Repeat this 6 x before warming down for 10min 00h:40m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip on a flat terrain 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Walk Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over FLAT terrain (to get specific for upcoming half). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 01h:15m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 9 (6 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>EASY walk with good stretching afterwards. Walking EASY walk 5min EASY warm up, then build into a STEADY pace over any terrain you want. Arrange to meet up with some mates. Spend 5-10min afterwards stretching. 00h:30m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 4min with 2min STEADY inbetween. Repeat this 6 x before warming down for 10min 01h:00m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip on a flat terrain 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 01h:00m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Walk Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over FLAT terrain (to get specific for upcoming half). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 02h:25m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 10 (7 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>EASY walk with good stretching afterwards. Walking EASY walk 5min EASY warm up, then build into a STEADY pace over any terrain you want. Arrange to meet up with some mates. Spend 5-10min afterwards stretching. 00h:30m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 5min with 1min STEADY inbetween. Repeat this 6 x before warming down for 10min. Complete the last 3 efforts on undulating terrain to mimic the mount base track. 01h:00m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip on a flat terrain 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 01h:15m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Walk Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over FLAT terrain (to get specific for upcoming half). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 02h:45m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 11 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 2min with 2min STEADY inbetween. Repeat this 6 x before warming down for 10min 00h:40m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip on a flat terrain 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:30m</p>	<p>Long Controlled Walk Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over FLAT terrain (to get specific for upcoming half). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. Before warm down complete 4 x 30sec near your race pace with 30sec EASY jog inbetween. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 01h:00m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 12 (7 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Restorative Swim Lap Swimming Restoration, technique, efficiency. 800m wu EASY every 4th length NOT free 8 x 50m drill (one arm, head up, kick on side, fists) 800m SLOW 2,3,5 breathing every 50m (focus on head down, whole body rotation, and pushing back past the hip) MAKE every stroke a masterpiece :) 200m kick fins 100m wd mix stroke. 01h:00m</p>	<p>Faster Rep Walk Walking Speed walking Spend the first 5min strolling then build into a STEADY walk. Then look at walking quicker than your race pace for 1min with 2min STEADY inbetween. Repeat this 6 x before warming down for 8min 00h:30m</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Walk Walking EASY walk focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip on a flat terrain 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:30m</p>	<p>Pre Race Planning and Positive Thoughts Custom Pre Race Prep Make sure you have a good idea of the course and where drink stations are situated. Have an idea of what pace you want to go out at (the previous 12 weeks training will give you a good idea). You have done the best with blending the training over the past 12 weeks - now ENJOY the race! 00h:00m</p>	<p>Hawaiian Airlines Mt. Maunagnui Half MARATHON Race RACE Warm up with 5min of walking. Keep moving in starting chute before the start. The first 5km is VITAL to stick your planned RACE pace (you will feel good so back off!!) to set up the day. Hold form as the race goes on. For the last 10km think "upright posture" "stay tall" "don't sink". ENJOY the beautiful views and smile. 03h:15m</p>	<p>Recover and Reflect Custom Reflection and learnings. Do 20min of EASY activity that your body feels like the day following the race. I tend to cycle or swim after a running race. Then complete 15min full body stretching eg yoga or just static stretching. Please also note down 3 things that went well and 3 aspects to improve on for your next race. Well done! 00h:45m</p>