

# Whitsunday Great Walk Training Plan

The Whitsunday Great Walk is an event for all range of abilities and experience. The training program can be easily changed to suit walkers by substituting the speed sessions to another strength session and the tempo run into a brisk walk.

Suggested Weekly Training						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Rest	Speed	Rest	Strength	Easy Run	Long Run

Week Ending	Focus	Speed	Strength	Easy Run	Long Run
<b>Week 1</b> 1st May	Set up your Routine	4 x 200m with 2 min rest	3 x 3min Tempo with 3 min active rest	20min	60min
<b>Week 2</b> 7th May		3 x 400m with 2 min rest	4 x 4min with 3min active rest	20min	60min
<b>Week 3</b> 14th May	Strength	4 x 400m with 2min rest	3 x 90sec hill efforts walk back down	30min	70min
<b>Week 4</b> 21st May		4 x 400m with 2min slow jog	3 min tempo and immediately start 3 x 90sec hill walk down	30min	70min
<b>Week 5</b> 28th May		4 x 400m with 90 sec slow jog	3min tempo and immediately start 4 x 90 sec hills.	30min	75min
<b>Week 6</b> 4th June	Build Strength	5 x 400m with 90 sec slow jog	40min soft and hard sand or grassed hills.	30min	75min
<b>Week 7</b> 11th June		4 x 400m with 90 sec slow jog	4 x 5 min tempo with 2 min walking	40min	90min
<b>Week 8</b> 18th June		4 x 60 sec fast downhill and slow jog back up	40min soft sand	40min	90min
<b>Week 9</b> 25th June		4 x 600m with 90 sec jog	5min tempo and immediately start 5 x 90 sec hills jog down	50min	110min
<b>Week 10</b> 2nd July		4 x 90 sec fast downhill and slow jog back up	5min tempo and immediately start 5 x 90 sec hills jog down	40min	130min
<b>Week 11</b> 9th July		4 x 800m with 2min jog	5min tempo and 20min sand hills. Rest 3 min and 20min sand hills	50min	130min
<b>Week 12</b> 16th July	Refresh	5 x 90 sec fast downhill and slow jog back up	2 x 10min tempo with 2min jog between	30min	90min
<b>Week 13</b> 23rd July		4 x 800m with 90 sec jog	10min tempo and immediately start 4 x 90sec hills jog down	40min	110min Dirt or Forest Trail
<b>Week 14</b> 30th July		6 x 90 sec fast downhill and slow jog back up	10min tempo and immediately start 6 x 90sec hills with jog down	50min	110min
<b>Week 15</b> 6th August		5 x 800m with 90sec jog	10min tempo and immediately start 6 x 90sec hills with jog down	60min	130min
<b>Week 16</b> 13th August		8 x 400m with 90sec jog	12min tempo and immediately start 8 x 90sec hills with jog down	60min	130min
<b>Week 17</b> 20th August	Refresh	6 x 400m with 90sec jog	2 x 30min soft sand with 5min rest between	40min	90min Dirt or Forest Trail
<b>Week 18</b> 27th August		10 x 200m beach sprint with 90sec rest	15min tempo and immediately start 8 x 90sec hills with jog down	70min	120min
<b>Week 19</b> 3rd September		10 x 400m with 90sec jog	15min tempo and immediately start 8 x 90sec hills with jog down	60min	130min Dirt or Forest Trail
<b>Week 20</b> 10th September		6 x 600m with 90sec jog	2 x 30min soft sand with 5min rest between	50min	110min
<b>Week 21</b> 17th September	Taper	4 x 400m with 2min jog	2 x 15min Tempo with 3 min walk	30min	

Tempo runs are approximately the rate that you would like to race at. Pick a target that you would feel comfortable at over a flat course.

Speed runs are at a fast pace but not all out sprint. The object is to increase your pace. You should be well out of breath but not exhausted!

Easy Runs are just this. A steady pace that you can easily maintain. Keep your heart rate down and still have a conversation as you run.

Strength runs are to build up stamina and power in readiness for the hilly course. Hills should be at a solid pace and recover on the jog back down.

Long Runs are similar to your easy run. Building your capacity to run longer distances. Great in a group and enjoy your progress with like minded runners! You are welcome to enjoy the long runs with a group each Saturday 5.30am from Café la de da

Dirt roads, forestry tracks or trails prepare you for the extra concentration required to run on uneven surfaces and frequent changes of direction (Do this with at least 1 other person and let other people know where you are going).

Fast downhill running intervals every second week in the middle of the program to build strength in your quads for the downhills. Fast downhill running overextends your quads and will result in unusual sore legs after the first session but soreness should not be a problem after more than 3 sessions. More than half of the course is downhill so if you don't train for it, your quads will be very sore during and after the race.

**Mackay Road Runners welcome you to their Sunday runs ([www.mackayroadrunners.com](http://www.mackayroadrunners.com)). Recovery days are rest/bike ride/swim/massage. Enjoy a small break from running!!**

# Whitsunday Great Walk Recreational Runners/Walker's Training Plan

The Whitsunday Great Walk is an event for all range of abilities and experience.

Suggested Weekly Training						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Run	Rest	Run	Recovery	Rest	Long Run

Week	Week Ending	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Comments (Record your thoughts/progress)
Week 1	14th May	off	30 min run	off	30 min run	easy walk	off	6 km	Start Off
Week 2	21st May	off	30 min run	off	30 min run	easy walk	off	8 km	
Week 3	28th May	off	30 min run	off	30 min run	easy walk	off	10 km	
Week 4	4th June	off	30 min run	off	30 min run	easy walk	off	6 km	
Week 5	11th June	off	30 min run	off	30 min run	easy walk	off	12 km	
Week 6	18th June	off	30 min run	off	30 min run	easy walk	off	6 km with Hills	
Week 7	25th June	off	30 min run	off	30 min run	easy walk	off	14 km	
Week 8	2nd July	off	30 min run	off	30 min run	easy walk	off	6 km with Hills	
Week 9	9th July	off	30 min run	off	30 min run	easy walk	off	16 km	
Week 10	16th July	off	30 min run	off	30 min run	easy walk	off	8 km with Hills	
Week 11	23rd July	off	30 min run	off	30 min run	easy walk	off	18 km	
Week 12	30th July	off	30 min run	off	30 min run	easy walk	off	10 km with Hills	
Week 13	6th August	off	30 min run	off	30 min run	easy walk	off	20 km	
Week 14	13th August	off	30 min run	off	30 min run	easy walk	off	10 km	
Week 15	20th August	off	30 min run	off	30 min run	easy walk	off	18 km with hills	
Week 16	27th August	off	30 min run	off	30 min run	easy walk	off	10 km	
Week 17	3rd September	off	30 min run	off	30 min run	easy walk	off	13km	
Week 18	10th September	off	30 min run	off	30 min run	easy walk	off	10 km	
Week 19	17th September	off	30 min run	off	30 min run	easy walk	off	Run the WGW	Race Week. Celebrate your great achievement and progress!!

*If you miss a few sessions due to commitments, injury or illness just skip those sessions and continue the program. However if you miss more than 2 weeks restart from where you were up to. This means you will need to drop an equivalent number of weeks from the end of the program, making sure that you take it easy for the last 10 days before the race.*

8 Week Conditioning Program for those who need a little more fitness before starting the recreational runners training program (source: modified from [www.jeffgalloway.com](http://www.jeffgalloway.com))

Note: if you need several weeks at each run/walk ratio level, take it. This pre-conditioning training should not be stressful or painful. When in doubt, ease off.

- Week 1 (walkers will walk only, runners will run for 5 seconds/walk for 55 seconds on the run/walk days)
  - Mon: 10 min run/walk
  - Tues: 15 min walk
  - Wed: 13 min run/walk
  - Thurs: 18 min walk
  - Fri: off
  - Sat: 1.5km run/walk
  - Sun: off/walk
- Week 2 (walkers will walk only, runners will run for 5 seconds/walk for 55 seconds on the run/walk days)
  - Mon: 15 min run/walk
  - Tues: 20 min walk
  - Wed: 17 min run/walk
  - Thurs: 22 min walk

Fri: off

Sat: 2 km run/walk

Sun: off/walk

- Week 3 (walkers will walk only, runners will run for 10 seconds/walk for 50 seconds on the run/walk days)

Mon: 19 min run/walk

Tues: 24 min walk

Wed: 21 min run/walk

Thurs: 26 min walk

Fri: off

Sat: 2.5 km run/walk

Sun: off/walk

- Week 4 (walkers will walk only, runners will run for 10 seconds/walk for 50 seconds on the run/walk days)

Mon: 23 min run/walk

Tues: Walk 28 min

Wed: 25 min run/walk

Thurs: Walk 30 min

Fri: off

Sat: 3 km run/walk

Sun: off/walk

- Week 5 (walkers will walk only, runners will run for 10 seconds/walk for 50 seconds on the run/walk days)

Mon: 27 min run/walk

Tues: Walk 30 min

Wed: 29 min run/walk

Thurs: Walk 30 min

Fri: off

Sat: 3.5 km run/walk

Sun: off/walk

- Week 6 (walkers will walk only, runners will run for 15 seconds/walk for 45 seconds on the run/walk days)

Mon: 30 min run/walk

Tues: Walk 30 min

Wed: 30 min run/walk

Thurs: Walk 30 min

Fri: off

Sat: 4 km run/walk

Sun: off/walk

- Mon: 30 min run/walk

Tues: walk 30 min

Wed: 30 min run/walk

Thurs: Walk 30 min

Fri: off

Sat: 4.5 mi run/walk

Sun: off/walk

Week 8 (walkers will walk only, runners will run for 15 seconds/walk for 45 seconds on the run/walk days)

Mon: 30 min run/walk

Tues: walk 30 min

Wed: 30 min run/walk

Thurs: Walk 30 min

Fri: off

Sat: 5km run/walk

Sun: off/wal