

# WALKING 13.1 MILES TRAINING PLAN

Welcome to your walking 13.1 miles training plan. Firstly, thank you for signing up to an event with Parkinson's UK. You're truly helping us to improve the lives of everyone affected by Parkinson's.

Walking a half marathon is not to be taken lightly. It's an excellent test of your fitness and your commitment to training. Covering 13.1 miles is a tremendous achievement and from beginning your training, to lining up at the start and finishing, preparing for and completing 13.1 miles is a great experience.

**Don't forget to warm up and cool down prior to any form of exercise.** You can find our warm up and cool down section on our training hub. Best of luck! If you have any questions please email us on [events@parkinsons.org.uk](mailto:events@parkinsons.org.uk).

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	1.6 miles easy (2.6km)	Rest	1.6 miles easy (2.6km)	Rest	1.6 miles easy (2.6km)	Rest	Long Walk: 4 miles steady (6.4km)
2	Rest	2 miles tempo (3.2km)	Rest	2 miles tempo (3.2km)	Rest	3 miles easy (4.8km)	Long Walk: 6 miles steady (9.6km)
3	Rest	3 miles tempo (4.8km)	Rest	3 miles interval (4.8km)	Rest	4 miles easy (6.4km)	Long Walk: 8 miles steady (12.9km)
4	Rest	3 miles tempo (4.8km)	Rest	3 miles interval (4.8km)	Rest	5 miles easy (8km)	Long Walk: 6 miles steady (9.6km)
5	Rest	4 miles tempo (6.4km)	Rest	4 miles interval (6.4km)	Rest	5 miles steady (8km)	Long Walk: 5 miles steady (8km)
6	Rest	5 miles tempo (8km)	Rest	5 miles interval (8km)	Rest	6 miles steady (9.6km)	Long Walk: 11 miles steady (17.7km)

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	Rest	4 miles tempo (6.4km)	Rest	4 miles interval (6.4km)	Rest	5 miles steady (8km)	Long Walk: 5 miles steady (8km)
8	Rest	1.6 miles steady (2.6km)	1.1 miles steady (1.7km)	Rest	1.1 miles easy (1.7km)	Rest	Race day!

## Glossary:

**Easy** - an easy walk is classed as an effort that you'd be able to maintain for a long duration. This would generally be around a 5 or 6 out of 10 effort in regards to the rate of perceived exertion (RPE).

**Steady** - means a brisk walk at a speed that is not as fast as your tempo and not as slow as your easy, so somewhere in between the two.

**RPE** - is the rate of perceived exertion of an exercise. This scale is subjective to each individual. What might be a 6 out of 10 for one person might be totally different for another.

**Intervals** - Interval training involves walking fast, over a set distance or time, at an effort level of 8. Follow each hard interval with an easy one of at least the same length, then repeat. Try using a treadmill or a watch to help you get the distances and times right.

**Tempo** - is another form of training whereby you walk at the pace you'll be wanting to maintain for the event. For example, if you plan to walk a 10km in 2 hours your race pace would be 12 minutes per km. Try to maintain this for your 'Tempo Walk'.

**Long Walk** - this is your longest walk of the week. This is a 'steady' walk so should be a little harder than your easy walk but not as hard as you tempo for example. Aim for a pace around 6 or 7 out of 10 in regards to RPE.

**Rest** - rest days are very important to make sure you recover properly between days of exercise. Rest days don't mean complete inactivity though. On rest days it is a good idea to stretch, foam roll or even do a bit of cross training - which means anything other than Walking: so, swimming, cycling or the gym etc.

### Interval sessions:

#### Example 1

500 metres fast walk - 8 out of 10 effort  
 500 metres slow walk - 5 out of 10 effort  
 Repeat until you've reached your required distance

#### Example 2

3 minutes fast walk - 8 out of 10 effort  
 3 minutes slow walk - 5 out of 10 effort  
 Repeat until you've reached your required distance

RPE Scale	
10	Maximal effort (sprinting)
9	Really Really Hard
8	Really Hard
7	Harder
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

### Disclaimer:

Parkinson's UK cannot accept any responsibility for death, injuries or loss caused by any information contained within this Guide. All information is provided in good faith. You should consult your doctor before embarking on any program of physical activity. By using the information in this Guide you agree to indemnify, defend, and hold all the parties referred to above, harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us, is based on or arises in connection with your use of this Guide, any breach by you of these terms and conditions or a claim that your use of this Guide infringes any intellectual property rights of any third party or is libellous or defamatory, or otherwise results in injury or damage to any third party.