



# "Run-Walk" Antarctica Marathon Training Program

**\*The "Run-Walk" Program is best suited for first-time marathoners, those who are new to running or new to trail running.**

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MODE	Run-Walk +ST	Cross-Training	Glacier Run	Rest Day	Cross-Training	Run-Walk-Endurance	Rest Day
INTENSITY	Easy Pace	Moderate	Challenging		Moderate	Conversational Pace	
I-RATE SYSTEM	7 - 7.5	7-8	8-9		7-8	Hilly Course	
HEART RATE	70-75%	75-80%	80-90%		75-80%	65-75%	
<b>WEEK 1</b> November 24 - 30	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20R/W+10Climb+15R/W	Rest	30-40 minutes	8 miles Run 3 min/Walk 2 min Repeat continuously	Rest
<b>WEEK 2</b> December 1 - 7	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+10Climb+15Run	Rest	30-40 minutes	9 miles Run 3 min/Walk 2 min Repeat continuously	Rest
<b>WEEK 3</b> December 8 - 14	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+10Climb+15Run	Rest	30-40 minutes	6 miles Run 4 min/Walk 2 min Repeat continuously	Rest
<b>WEEK 4</b> December 15 - 21	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+10Climb+15Run	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	10 miles Run 4 min/Walk 2 min Repeat continuously	Rest
<b>WEEK 5</b> December 22 - 28	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+12Climb+15Run	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	12 miles Run 4 min/Walk 2 min Repeat continuously	Rest
<b>WEEK 6</b> December 29 - Jan 4	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+12Climb+15Run	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	6 miles Run 4 min/Walk 1 min Repeat continuously	Rest
<b>WEEK 7</b> January 5 - 11	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+12Climb+15Run	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	14 miles Run 4 min/Walk 2 min Repeat continuously	Rest
<b>WEEK 8</b> January 12 - 18	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+15Climb+20Run	Rest	30-40 minutes	7 miles Run 4 min/Walk 1 min Repeat continuously	Rest
<b>WEEK 9</b> January 19 - 25	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+15Climb+20Run	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	16 miles Run 4 min/Walk 1 min Repeat continuously	Rest
<b>WEEK 10</b> January 26 - Feb 1	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+15Climb+20Run	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	8 miles Run 5 min/Walk 1 min Repeat continuously	Rest
<b>WEEK 11</b> February 2 - Feb 8	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+15Climb+20Run	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	18 miles Run 4 min/Walk 1 min Repeat continuously	Rest

<b>WEEK 12</b> February 9 - 15	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+20Climb+20Run	Rest	30-40 minutes	8 miles Run 5 min/Walk 1 min Repeat continuously	Rest
<b>WEEK 13</b> February 16 - 22	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+20Climb+25Run	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	20 miles Run 4 min/Walk 1 min Repeat continuously	Rest
<b>WEEK 14</b> February 23 - Mar 1	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-40 minutes	<b>*Glacier Hill Workout</b> 20Run+20Climb+20Run	40 minutes Run 3 min/Walk 1 min Repeat 10 times	30-40 minutes	10 miles Run 5 min/Walk 1 min Repeat continuously	Rest
<b>WEEK 15</b> March 2 - 8	45 minutes	<b>TRAVEL to BA</b>	<b>Easy Run in BA</b> 40-50 minutes Warm Weather	<b>Easy Run in BA</b> 40-50 minutes Warm Weather	<b>Easy Run in BA</b> 40-50 minutes Warm Weather	<b>Travel to Ushuaia</b> Rest Day	<b>SHIP - Rest</b> <b>Stretch and Walk</b>
<b>WEEK 16</b> March 9 - 10	<b>SHIP -Rest</b> <b>Stretch and Walk</b> *Race Day Strategy	<b>ANTARCTICA</b> <b>MARATHON!!</b>	<b>Rest &amp; Explore</b> <b>Stretch and Walk</b>	<b>Rest &amp; Explore</b> <b>Stretch and Walk</b>	<b>Rest &amp; Explore</b> <b>Stretch and Walk</b> Repeat 5 times	<b>Rest &amp; Explore</b> <b>Stretch and Walk</b>	<b>Rest &amp; Explore</b> <b>Stretch and Walk</b>

**Warm-up:** walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

**Cool-down:** walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

**Flexibility:** Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

**Heart Rate=** Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

**I-Rate=** Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

**Run-Walk Workout=** Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minute - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

**Cross-Training=** Include activities that are non running or and will supplement your running preparation for the race. Cycling or spinning, hiking on trails, stairclimbing pilates/yoga. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

**Endurance Pace=** Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

**ST= Strength Training** and flexibility: A strong foundation will prevent overuse injuries and improve running efficiency. Especially on trail races. Include a total body strength training regimen twice per week on the scheduled days. Avoid strength training the day before or after the long runs.

**Easy [EZ] Pace:** Easy to moderate pace at 70-75% of maximum heart rate or an iRate level of 7+. A pace you could go at for along time easily.

**Moderate Pace:** Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

**Endurance Run=** The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7. Try to run your long runs on hilly course as much as possible. Also try to run on trails to adapt to the uneven surfaces.

**Glacier Hill Workout: Warning!!** This workout is very challenging, but will prepare you well for the physical and mental challenges on the Antarctica Marathon. Make sure to take the climbing pace easy at first and let your body adapt. The race course rolls the entire way and also includes a climb [hike] up a glacier on snow up 17% grade incline about 2/3 of a mile (1K). To preform the Glacier Hill Workout, warm-up walking 5 minutes at a brisk pace. Run the scheduled Glacier Hill Workout [R/W20+Climb10+R/W20] means **Run-Walk** at 3/2 ratio easy for 20 minutes, then **Climb** stairs, on a climbing machine at the gym or elevate a treadmill to max incline 12-15% and climb for 10 minutes, finish with **Run-Walking** at 3/2 ratio easy to moderate pace for 20 minutes. Cool down with 5 minutes of walking. This will train your mind and body for the Glacier climb you will run twice on the marathon course. If you are new to hill-work, perform the runs at first without hills. After 4-5 Glacier Workouts, include hills from 3-5% in the run-walk segments.

**Note:** you can also perform the climb at the beginning or end of the run if that works better with your terrain (i.e. if you are running hills outdoors - then climbing in the gym or on stairs)

**\*Race Day Strategy=** A great run-walk strategy for this course is to run the straight (flats) and downhills and walk the uphills.