

2026 Indy Runners and Walkers Spring Training Program



WALKERS HALF MARATHON PLAN

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	1/5	Rest			EXPO 5:30-7	Rest	2-3 mi @Lev1	1-2 mi @Lev1	3-5
2	1/12	Rest	1-2 mi @Level 1	1-2 mi @Lev1	2 mi @Lev1	Rest	2-3 mi @Lev1	1-2 mi @Lev1	7-11
3	1/19	Rest	3 mi @ Lev1 (Baseline Timing) LOCATION CHANGE: Fleet Feet, 1079 Broad Ripple Ave, Indianapolis	2 mi @Lev1	2 mi @Lev1	Rest	2 mi @Lev1	3 mi @Lev1	12
4	1/26	Rest	Butler Campus route 3 mi @ Lev1 (Baseline Timing)	3 mi @Lev1	2 mi @Lev1	Rest	2 mi @Lev1	Groundhog 5 or 4 miles @Lev1 and 1 mile @Lev2	15
5 Cutback	2/2	Rest	4 mi @Lev1 w/Hills PIZZA NIGHT!	2 mi @Lev1	3 mi @Lev1	Rest	4 mi @Lev1	2 mi @Lev1	15
6	2/9	Rest	40 min; 21 out Lev1, & 19 back Lev2/3	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	5 mi @Lev1	2 mi @Lev1 1 mi@Lev2	17
7	2/16	Rest	5 mi @Lev1	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	5 mi @Lev1	2 mi @Lev1	18
8	2/23	Rest	4.4 mi @Lev1	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	6 mi @Lev1	2 mi @Lev1 1 mi@Lev2	20.4
9 Cutback	3/2	Rest	4 mi @Lev1 w/Hills PIZZA NIGHT!	2 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	7 mi @Lev1 On the Monon	3 mi @Lev1	19
10	3/9	Rest	5 miles 3.5 mi @ Lev1, 1.5 mi @ Lev2	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	8 mi @Lev1 Monon + scenic views	2 mi @Lev1	21
11	3/16	Rest	40 min; 21 out @ Lev1, & 19 back @ Lev2/3/4/5	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	SAM COSTA (1/4 Marathon)	2 mi @Lev1	17.5
12	3/23	Rest	4 miles w/Hills 2.5 mi @Lev1, 1.5 mi @Lev2	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	9 mi @Lev1 Monon + scenic views	3 mi @Lev1	22
13 Cutback	3/30	Rest	5 miles 2.5 @ Lev1 Outbound 2.5 @ Lev2/3/4 Inbound (returning 3 minutes faster) LOCATION CHANGE: Fleet Feet, 1079 Broad Ripple Ave, Indianapolis	2 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	10 mi @Lev1 Monon + scenic views	3 mi @Lev1	23
14	4/6	Rest	5.5 miles w/Hills @ Lev 1/2/3	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	Bulldog Jog10K plus 5 miles after OR 11 mi @Lev1 Monon + scenic views	2 mi @Lev1	24.5
15	4/13	Rest	4.5 miles w/Hill 1.5 miles @ Lev1, 3 miles @ Lev2	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	12 mi @Lev1 Monon + scenic views	2 mi @Lev1	24.5
16 Taper	4/20	Rest	30 min @ Lev1	2 mi @Lev1	2 mi @Lev1	Rest	3 mi @Lev1	2 mi @Lev1	11
17 Taper	4/27	Rest	3 miles @ Lev2, w/.25 mile warmup On the track PIZZA NIGHT!	2 mi @Lev1	1 mi @Lev1	Rest	Mini Marathon!	Revel in Success!	19

There are 5 Levels of pace in our Walking Program

Level 1 - Conversational; can hold this pace indefinitely; 70% effort or less (Lev1)

Level 2 - Half Marathon; can hold this pace for 13.1 mi, ≈ 60-90 sec/mile faster than Lev1; 80% effort (Lev2)

Level 3 - Qtr Marathon; can hold this pace for 6.55 mi, ≈ 20-30 sec/mile faster than Lev2; 90% effort (Lev3)

Level 4 - Mile; can hold this pace for a mile or less, ≈ 20-30 sec/mile faster than Lev3; 95% effort (Lev4)

Level 5 - Flat Out; can hold this pace for 1/4 mile or less; 100% "plus" effort (Lev5)

<https://indyrunners.org/>