

# 2026 Indy Runners and Walkers Fall Training Program



## HALF MARATHON PLAN: WALKERS

|                         | Week | Week Beginning | Mon                    | Tue                                                                                       | Wed                                      | Thu        | Fri  | Sat                                                                          | Sun                     | Total Miles |
|-------------------------|------|----------------|------------------------|-------------------------------------------------------------------------------------------|------------------------------------------|------------|------|------------------------------------------------------------------------------|-------------------------|-------------|
| Base Building           | 1    | 7/13           | Rest                   | 3 mi @Lev1                                                                                | 3 mi @Lev1                               | 3 mi @Lev1 | Rest | 4 mi @Lev1                                                                   | Rest                    | 13          |
|                         | 2    | 7/20           | Rest                   | 3 mi @Lev1                                                                                | 3 mi @Lev1                               | 3 mi @Lev1 | Rest | 5 mi @Lev1                                                                   | 2 mi @Lev1              | 16          |
|                         | 3    | 7/27           | Rest                   | 4 mi @Lev1                                                                                | 3 mi @Lev1                               | 3 mi @Lev1 | Rest | 6 mi @Lev1                                                                   | 2 mi @Lev1              | 18          |
|                         | 4    | 8/3            | Rest                   | 3 mi @Lev1                                                                                | 3 mi @Lev1                               | 3 mi @Lev1 | Rest | 4 mi @Lev1                                                                   | Rest                    | 13          |
| Strength & Speed        | 5    | 8/10           | Rest                   | 4 mi @Lev1                                                                                | 3 mi @Lev1                               | 4 mi @Lev1 | Rest | 7 mi @Lev1                                                                   | 2 mi @Lev1              | 20          |
|                         | 6    | 8/17           | Rest                   | 40 min:<br>21 out Lev1, & 19 back<br>Lev2/3                                               | 3 mi @Lev1                               | 5 mi @Lev1 | Rest | 8 mi @Lev1                                                                   | 2 mi @Lev1 1<br>mi@Lev2 | 22          |
|                         | 7    | 8/24           | Rest                   | 5 mi @Lev1 w/ Hills                                                                       | 3 mi @Lev1                               | 5 mi @Lev1 | Rest | 9 mi @Lev1                                                                   | 2 mi @Lev1              | 24          |
|                         | 8    | 8/31           | Rest                   | 4 mi @Lev1                                                                                | 3 mi @Lev1                               | 3 mi @Lev1 | Rest | 6 mi @Lev1                                                                   | Rest                    | 16          |
| Peak Endurance and Race | 9    | 9/7            | Charity XC<br>(3.1 mi) | 5 mi @Lev1                                                                                | Rest (3 mi<br>easy, IF no<br>Charity XC) | 4 mi @Lev1 | Rest | 10 mi @Lev1                                                                  | 2 mi @Lev1 1<br>mi@Lev2 | 25          |
|                         | 10   | 9/14           | Rest                   | 3.5 mi @Lev1<br>1.5 mi @Lev2<br>5 mi total                                                | 4 mi @Lev1                               | 5 mi @Lev1 | Rest | 11 mi @Lev1                                                                  | Rest                    | 25          |
|                         | 11   | 9/21           | Rest                   | 4 miles w/Hills:<br>2.5 mi @Lev1,<br>1.5 mi @Lev2                                         | 4 mi @Lev1                               | 5 mi @Lev1 | Rest | 12 mi @Lev1                                                                  | Rest                    | 25          |
|                         | 12   | 9/28           | Rest                   | 5 miles:<br>2.5 @ Lev1 Outbound<br>2.5 @ Lev2/3/4 Inbound<br>(returning 3 minutes faster) | 3 mi @Lev1                               | 3 mi @Lev1 | Rest | Indy Half at Ft Ben<br>13.1 mi - 18:00 min<br>pace minimum<br>or on your own | Rest                    | 24          |
|                         | 13   | 10/5           | Rest                   | 4 mi @Lev1                                                                                | 3 mi @Lev1                               | 3 mi @Lev1 | Rest | 8 mi @Lev1                                                                   | Rest                    | 18          |
| Peak II                 | 14   | 10/12          | Rest                   | 5.5 miles w/Hills<br>@Lev1/2/3                                                            | 3 mi @Lev1                               | 4 mi @Lev1 | Rest | 10 mi @Lev1                                                                  | 2 mi @Lev1              | 24.5        |
|                         | 15   | 10/19          | Rest                   | 5.5 miles w/Hills<br>@Lev1/2/3                                                            | 3 mi @Lev1                               | 4 mi @Lev1 | Rest | Run the Monon<br>12 mi @Lev1                                                 | Rest                    | 24.5        |
| Taper                   | 16   | 10/26          | Rest                   | 4 mi @Lev1                                                                                | 3 mi @Lev1                               | 3 mi @Lev1 | Rest | 6 mi @Lev1                                                                   | Rest                    | 16          |
|                         | 17   | 11/2           | Rest                   | 3 mi @Lev1                                                                                | Rest                                     | 4 mi easy  | Rest | Monumental Half<br>Marathon<br>13.1                                          | Rest                    | 20          |

**TERMS:** There are 5 Levels of pace in our Walking Program <https://indyrunners.org/>

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 pae 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)

Strength Training: Develop and follow your program, several times per week. This might include squats, lunges, glute bridges, curls, clam shells, deadlifts, etc.