

# The Perfect Racewalk Training Schedule

(For ANYBODY!)

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- The following schedule is appropriate for any beginning to advanced racewalker. Beginners will walk 4-5 days per week, more advanced walkers will walk 6.
- Any athlete can "periodize" the schedule by shifting the major focus of the week's workouts throughout the year: During basebuilding, the major focus will be distance walks, long recovery walks and economy work. Closer to racing season the walker will shift to a lactate threshold period focusing on less total mileage, but more volume and intensity on threshold days.
- Further details on the specific types of workouts; economy, lactate threshold, tempo, distance and recovery can be found in the article "The Training Pyramid."

| Day           | Sample Workout                        | Type      | Miles        |
|---------------|---------------------------------------|-----------|--------------|
| <b>M</b>      | Off (Easy cross-training is OK)       | Recovery  | Ø            |
| <b>Tu</b>     | 8-12 x 200 meters w/ 200 meters rest* | Economy   | 4-8          |
| <b>W</b>      | Off or EZ distance (65-70% MHR)       | Recovery  | Ø-12         |
| <b>Th</b>     | 20-90 minute "tempo" @ 85% MHR*       | Threshold | 4-12         |
| <b>F</b>      | Off or EZ distance (65-70% MHR)       | Recovery  | Ø-12         |
| <b>Sa</b>     | 3-12 x 1 km @ race pace (92% MHR)*    | Threshold | 4-12         |
| <b>Su</b>     | "Easyish" mileage (70-75% MHR)        | Distance  | 6-18         |
| <b>Total:</b> |                                       |           | <b>18-74</b> |

\*All Economy, Tempo and Threshold workouts should begin with a warm-up consisting of 10 - 20 minutes of easy walking followed by dynamic flexibility drills. The workouts should be followed by an easy 10 - 20 minute cool-down, then a few minutes of easy stretching. Rests between Threshold Intervals should not exceed 2 minutes.

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