

Website Links and Recommended Reading

<http://www.marathonwalking.com>

This website focuses exclusively on long distance walking, offering terrific training recommendations for beginners and advanced walkers alike. Check out their training plans, motivational stories and an online walking store.

http://www.walkingconnection.com/Walking_Marathon_Training.html

The Walking Connection also offers full marathon training schedules for walkers of any ability. This site offers beginner, intermediate and advanced training schedules broken into weekly intervals.

<http://www.halhigdon.com/halfmarathon/walk.htm>

Access a weekly training schedule to help you prepare for walking 13.1 miles.

<http://www.nacoa.org/Marathon%20HQ/pdfs/Training%20to%20walk%20a%20marathon.pdf>

This article, written by Patti Finke, M.S. Co-Director Portland Marathon Clinic & Portland Marathon Walk Clinic, on Training to Walk a Marathon, includes a walk training schedule for beginner and intermediate walkers, tips on the correct walking posture, and great stretch and strength exercises.

<http://www.runtheplanet.com/trainingracing/training/walkers/walkathon.asp>

Run the Planet website prepares walkers to complete the Walk, with helpful training schedules and sponsor links for walking shoes, apparel and additional resources.

<http://walking.about.com/cs/marathontraining/a/marathonwalk12.htm>

Proper nutrition is crucial in training to walk a half-marathon or full marathon. Visit this website for nutrition guidance.

Recommended Reading:

Absolute Beginner's Guide to Half-Marathon Training: Get ready to Run or Walk a 5K, 8K, 10K, or Half-Marathon Race by Heather Hedrick

Learning to Walk: From the Sofa to a Marathon in Nine Months by Sheilagh Conklin

Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Half-Marathon or Marathon by John Bingham and Jenny Hadfield