



TriLaVie® Run/Walk Strategy

“Why I Love this Method for EVERYONE!”
Martha Szufnarowski, Founder and Head Coach



I love the run/walk strategy and use it in my own training. Why? Read on!

- Running is a high impact, high injury sport.
- Many of us are starting this sport a bit older, or unfit and don't need all that jostling.
- Many of us have been running for years and already beat up our bodies.

Run/Walk Strategy is a haven for everyone!

Regardless of your running distance, I advocate that you alternate between walking and running at intervals appropriate for your fitness, goals and speed.

Sample Goals:

20 Minute Run:	walk 1 minute, run 1 minute, walk 1 minute, run 1 minute
30 Minute Run:	walk 1 minute, run 3 minutes, walk 1 minute
4 Mile Run:	run 5 minutes, walk 1 minute, run 5 minutes, walk 1 minute
6 + Miles:	run 1 mile, walk 1 minute
Half Marathons:	run 1 mile, walk 1 minute
Marathons:	run 1 mile, walk 1 minute through the aid stations *may add :30 walk at ½ mile intervals if challenges set in

Walking Note: Train your body to walk for only 1 minute. After one minute, the body may think it's in cool-down mode and it is harder to run after that.

When you walk at an easy pace, your lactic acid has a chance to disappear, your aerobic output goes down, your muscles get a break from pounding.

Experienced Runners – will this slow you down? NO, not if it is done as a strategy, with purpose, and with attention to your minute/mile pace goals.

My experience, as well as other runner's experience shows that walking part of your goal allows you to be faster during the run portion. *Ergo, a faster minute/mile pace overall.*

This training needs to be practiced to be successful.

1. You need to overcome the psychological barriers to walking - seen as a failure of running.
2. You need to train your body and mind to start running again quickly during your run intervals.
3. You need to train at increasingly higher speeds during your run interval knowing that a walk break is coming soon.

Run/Walk is safe for new runners and makes experienced runners faster. Do you believe me? This strategy is PROVEN by current triathletes and runners, Olympic Marathoners, and all Jeff Galloway followers!

I look forward to YOU proving it to YOURSELF!!!