

## Recommended 10 Week Walking Plan



\***Bolded** workouts reflect the more **Advanced** program options. If only a BOLD workout is listed, all participants have the same time.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1 (April 1)	10 minutes/ 10 minutes	20- <b>30</b> min cross or easy walk	30-min cross or Rest	<b>20 - 30 min</b> Walk	Rest	1 - <b>3</b> miles	30-50 min walk or cross
Week 2 (April 8)	<b>20 - 30 min</b> Walk	20- <b>30</b> min cross or easy walk	30-min cross or Rest	<b>25 - 35 min</b> Walk	Rest	1 - <b>3</b> miles	30-50 min walk or cross
Week 3 (April 15)	<b>20 - 30 min</b> Walk	30- <b>40</b> min cross or easy run/walk	30-min cross or Rest	<b>25 - 35 min</b> Walk	Rest	1 - <b>3</b> miles	30-50 min walk or cross
Week 4 (April 22)	<b>30 - 40 min</b> Walk	30- <b>40</b> min cross or easy walk	50-min cross or Rest	<b>30 - 50 min</b> Walk	Rest	2 - <b>3</b> miles	40-60 min walk or cross
Week 5 (April 29)	<b>30 - 40 min</b> Walk	30- <b>45</b> min cross or easy walk	50-min cross or Rest	<b>30 - 50 min</b> Walk	Rest	2 - <b>3</b> miles	40-60 min walk or cross
Week 6 (May 6)	<b>30 - 40 min</b> Walk	30- <b>45</b> min cross or easy walk	50-min cross or Rest	<b>5K Practice Route</b> In Kaukauna	Rest	2 - <b>3</b> miles	40-60 min walk or cross
Week 7 (May 13)	<b>35 - 45 min</b> Walk	30- <b>50</b> min cross or easy walk	60-min cross or Rest	<b>30 - 50 min</b> Walk	Rest	2.5 - <b>4</b> miles	40-60 min walk or cross
Week 8 (May 20)	<b>40 - 50 min</b> Walk	30- <b>50</b> min cross or easy walk	60-min cross or Rest	<b>5K Practice Route</b> In Kaukauna	Rest	2.5 - <b>4</b> miles	40-60 min walk or cross
Week 9 (May 27)	<b>40 - 55 min</b> Walk	30-min cross or easy walk	60-min cross or Rest	<b>30 - 50 min</b> Walk	Rest	2.5 - <b>4</b> miles	30-min walk or cross
Week 10 (June 3)	10 minutes/ 10 minutes	30 min walk or Rest	<b>The Big Run 5K!</b>				



### How to use the schedule-

**Walk Days-** This schedule was created to be flexible to fit your busy life AND your varying fitness abilities. There are time and distance ranges that you can use based on how you are feeling week to week. By following the schedule you will be walking at least 3 days a week. Please do a dynamic warm up or walk and cool down walk of 5 minutes each. This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. It is important to do all of your “Walk” day workouts. Walking 3 times a week will prepare your body for the increase in miles the following week. However, should you have concerns about the amount of walk/walking or should you experience any physical complications, please speak with your coach or physician. Each week your walks will increase in length to a final 5-mile race distance. This will give you the endurance and mental advantage needed to complete your goal race.

**CROSS- Cross Training Days-** A cross training exercise is any non-walking activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross training activities. Doing an activity other than walking is important to keep your fitness regimen fun and your body injury free.

**Saturday Walks-** This is a walk day where you will be walking at a comfortable pace. You should be able to walk and chat with a friend (but not sing!). This is a day to get more time on your feet, get a good work out, but not stress your muscles too much.

**Rest-** The all important rest day. Each week you need to take a minimum of 1 full rest day a week (maximum 3). Rest is just as important to a walking program as the walking itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to walk a little farther the next week. Without recovery days, you will not be able to improve your fitness.