

## 10 Mile Walking Training Program - 14 Weeks

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY MILES
WEEK 1	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Endurance - SSD	Rest - CT	Endurance - LSD	Rest	
Workout		4.0 miles		4.0 miles		5.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1 (easy pace)		Zone 1 (easy pace)		
Exercises		None		None		None		
Warm up		dynamic stretch exercises		dynamic stretch exercises		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		static stretch exercises, including abdominal and back exercises		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:	Get your equipment: shoes, socks, nutrition and hydration, start your training journal							
WEEK 2	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Circuit Training	Rest - CT	Endurance - LSD	Rest	
Workout		4.0 miles		2 X (12 strength exercises for whole body)		6 miles		
Heart Rate		Zone 1 (easy pace)		15-20 repeats each exercise		Zone 1 (easy pace)		
Exercises		None		(15-20 repeats each exercise)		None		
Warm up		dynamic stretch exercises		2 miles Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		1 mile Zone 1		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:	Start to use any energizers and electrolytes during your Endurance Long walks							
WEEK 3	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Hill Repeats	Rest - CT	Endurance - LSD	Rest	
Workout		4.0 miles		10 x 20' hill repeats		6.5 miles		
Heart Rate		Zone 2 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises		None		None		None		
Warm up		dynamic stretch exercises		2 miles Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		1 mile Zone 1		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 4	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Endurance - SSD	Rest - CT	Endurance - LSD	Rest	
Workout		4.0 miles		4.0 miles		6.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1 (easy pace)		Zone 1 (easy pace)		
Exercises		None		None		None		
Warm up		dynamic stretch exercises		dynamic stretch exercises		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		static stretch exercises, including abdominal and back exercises		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 5	28-Feb	29-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Circuit Training	Rest - CT	Endurance - LSD	Rest	
Workout		4.0 miles		2 X (15 strength exercises for whole body)		6.5 miles		
Heart Rate		Zone 1 (easy pace)		15-20 repeats each exercise		Zone 1 (easy pace)		
Exercises		None		(15-20 repeats each exercise)		None		
Warm up		dynamic stretch exercises		2 miles Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		1 mile Zone 1		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 6	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	
Goal	Cross Training	Endurance - SSD	Rest - CT	Hill Repeats	Rest	Endurance - LSD	Rest	
Workout	45 minutes	4.0 miles		10 x 40' hill repeats		7.0 miles		
Heart Rate	Bike, Yoga, Pilates	Zone 1 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises	Swim, Run or Ski	None		None		None		
Warm up		dynamic stretch exercises		2 mile Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		1 mile Zone 1		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 7	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	
Goal	Cross Training	Endurance - SSD	Rest - CT	Circuit Training + Speed	Rest	Endurance - LSD	Rest	
Workout	45 minutes	4.0 miles		12 x 50m speed strides Zone 3		7.5 miles		
Heart Rate	Bike, Yoga, Pilates	Zone 1 (easy pace)		1 exercise and 1 stride, alternate		Zone 1 (easy pace)		
Exercises	Swim, Run or Ski	None		12 strength exercises for whole body		None		
Warm up		dynamic stretch exercises		1.5 mile - Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		1 mile - Zone 1		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 8	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Endurance - SSD	Rest - CT	Endurance - LSD	Rest	
Workout		4.0 miles		4.0 miles		7.0 miles		
Heart Rate		Zone 1 (easy pace)		1st Zone 2, 2nd Zone 1, 3rd Zone 2, 4th Zone 1		Zone 1 (easy pace)		
Exercises		None		None		None		
Warm up		dynamic stretch exercises		dynamic stretch exercises		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		static stretch exercises, including abdominal and back exercises		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 9	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	
Goal	Cross Training	Endurance - SSD	Rest - CT	Tempo Run	Rest	Endurance - LSD	Rest	
Workout	50 minutes	4.0 miles		3 x 2 miles repeats		7.5 miles		
Heart Rate	Bike, Yoga, Pilates	Zone 1 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises	Swim, Run or Ski	None		None		None		
Warm up		dynamic stretch exercises		1 mile Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		5 - 10 minutes		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 10	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	
Goal	Cross Training	Endurance - SSD	Rest - CT	Intervals	Rest	Endurance - LSD	Rest	
Workout	50 minutes	4.0 miles		2 mile (1 Zone 3, 1 Zone 1)		8.0 miles		
Heart Rate	Bike, Yoga, Pilates	Zone 1 (easy pace)		Zone 1 (easy pace), Zone 3 (hard pace)		Zone 1 (easy pace)		
Exercises	Swim, Run or Ski	None		None		None		
Warm up		dynamic stretch exercises		1 mile Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		1 mile Zone 1		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 11	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	
Goal	Cross Training	Endurance - SSD	Rest - CT	Tempo	Rest - CT	Endurance - LSD	Rest	
Workout	50 minutes	4.0 miles		2 x 1 mile		8.5 miles		
Heart Rate	Bike, Yoga, Pilates	Zone 1 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises	Swim, Run or Ski	None		None		None		
Warm up		dynamic stretch exercises		1 mile Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		5 - 10 minutes		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 12	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	
Goal	Cross Training	Endurance - SSD	Rest - CT	Interval	Rest - CT	Endurance - LSD	Rest	
Workout	45 minutes	4.0 miles		12 x 400 meters		9.0 miles		
Heart Rate	Bike, Yoga, Pilates	Zone 1 (easy pace)		Zone 3 (hard pace)		Zone 1 (easy pace)		
Exercises	Swim, Run or Ski	None		None		None		
Warm up		dynamic stretch exercises		1 mile Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		5 - 10 minutes		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 13	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	
Goal	Cross Training	Endurance - SSD	Rest - CT	Tempo Run	Rest - CT	Endurance - LSD	Rest	
Workout	45 minutes	4.0 miles		2 x 4 mile		6 miles		
Heart Rate	Bike, Yoga, Pilates	Zone 1 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises	Swim, Run or Ski	None		None		None		
Warm up		dynamic stretch exercises		1 mile Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		5 - 10 minutes		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		
Notes:								
WEEK 14	29-Apr	30-Apr	1-May	2-May	3-May	4-May	5-May	
Goal	Rest - CT	Interval	Rest - CT	Speed	Rest - CT	WALK WITH A DOC CHALLENGE	Rest	
Workout		3 x 1 mile		3 x 1 mile		10.0 miles		
Heart Rate		Zone 2		Zone 2 (moderate pace)		Zone 1, 2, 3, 4		
Exercises		None		None		Good luck and have fun!		
Warm up		dynamic stretch exercises		1 mile Zone 1		dynamic stretch exercises		
Cold down		static stretch exercises, including abdominal and back exercises		1 mile Zone 1		static stretch exercises, including abdominal and back exercises		
Suggestions		Hydrate before, during and after workouts		Hydrate before, during and after workouts		Hydrate before, during and after workouts		

Lilly Johnson: Running Lilly Coaching Head Coach

### How to use this schedule:

**Equipment:** Before to start your walking training, you will need you have a proper equipment such as: shoes, socks, inserts (if you need) hydration and nutrition. This will make your training more comfortable. Use the injury prevention tools like foam roller and massage stick or ball on your days off of walking. It's important you have a training journal to write down your workouts and to see the progression of your training.

**Walk Days:** By following the schedule you will be walking 3 days a week. Please do a warm up, walk and cool down on each session, including on your Cross Training days. This will not only benefit your muscles, but also will add distance to your workout. It is important to do all of your cross training day workouts. Walking 3 times a week will prepare your body for the increase in miles the following week. Every 3 weeks you walks will increase on volume, on 4 week you will have an active recovery week with less volume. This will give you the endurance and mental advantage of doing more than your 10 mile walk distance.

**CT - "Cross Training" Days:** A cross training exercise is any non-walking activity that improves overall fitness. For example, swimming, cycling, skiing, running, strength training pilates 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.

**Rest:** Each week you need to take a minimum of 2 full rest day (maximum 3). Rest is just as important to a fitness program as the walking itself. Rest allows the body to recover and repair so that you will be able to run a little farther the next week. Without recovery days, you will not improve your fitness.

**CT:** Cross Training

**SSD:** Short Steady Distance

**LSD:** Long Steady Distance

**Zone 1:** Easy Pace

**Zone 2:** Moderate Pace

**Zone 3:** Hard Pace

**Zone 4:** Very hard Pace