other than walking is important to keep your fitness regimen fun and your body injury free. Like foam roller and massage stick or ball on your days off of walking. It's important you have a training plan to follow and to see the progression of your training. Please, check your shoes and socks 3 weeks before the workout. It is important to do all of your cross training day workouts. Walking 3 times a week in the first 8 weeks and increasing the mileage the following week. Every 3 weeks your walks will increase in volume, and in 4 week you will have reached your goal.

How to use this schedule:

25 Mile Walking Training Program - 16 Weeks

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<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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Suggestions:

- LSD:
  - Rest
  - Warm up
  - Exercises
  - Workout
  - Cold down
  - Notes:

- SSD:
  - Rest or CT
  - Warm up
  - Exercises
  - Workout
  - Cold down
  - Notes:

- Rest:
  - Rest
  - Warm up
  - Exercises
  - Workout
  - Cold down
  - Notes:

- Zone 1 (easy pace):
  - Rest
  - Warm up
  - Exercises
  - Workout
  - Cold down
  - Notes:

- Zone 2:
  - Rest
  - Warm up
  - Exercises
  - Workout
  - Cold down
  - Notes:

- Zone 3:
  - Rest
  - Warm up
  - Exercises
  - Workout
  - Cold down
  - Notes:

- Zone 4 (very hard pace):