

## 25 Mile Walking Training Program - 16 Weeks

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTE
1	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	
Goal	Rest or CT	Endurance - SSD	Rest - CT	Endurance - SSD	Rest - CT	Endurance - LSD	Rest	
Workout		5.0 miles		5.0 miles		7 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1 (easy pace)		Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises						
Cool down		static stretch exercises, including abdominal and back exercises						
Suggestions		Hydrate before, during and after workouts						
Notes	Get your equipment: shoes, socks, nutrition and hydration, start your training journal							
2	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Circuit Training	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		2 x (15 strength exercises for whole body)		9 miles		
Heart Rate		Zone 1 (easy pace)			Zone 1	Zone 1 (easy pace)		
Exercises		None		20 - 25 repeats				
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles - zone 1				
Suggestions		Hydrate before, during and after workouts						
Notes	Get your equipment: shoes, socks, nutrition and hydration, start your training journal							
3	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Hill Training	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		15 x 90" hill repeats		15 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles - zone 1				
Suggestions		Hydrate before, during and after workouts						
Notes	Get your equipment: shoes, socks, nutrition and hydration, start your training journal							
4	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Circuit Training	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		2 x (15 strength exercises for whole body)		10 miles		
Heart Rate		Zone 1 (easy pace)			Zone 1	Zone 1 (easy pace)		
Exercises		None		(20 repeats each exercise)				
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles - zone 1				
Suggestions		Hydrate before, during and after workouts						
Notes	Start to use any energizers and electrolytes during your Endurance Long walks							
5	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Hill Training	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		15 x 90" hill repeats		13 miles		
Heart Rate		Zone 1 (easy pace)		Zone 3	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles - zone 1				
Suggestions		Hydrate before, during and after workouts						
6	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Circuit Training + Speed	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		2 x (15 strength exercises for whole body)		15 miles		
Heart Rate		Zone 1 (easy pace)		Alternate 1 exercise, 1 speed stride	Zone 1	Zone 1 (easy pace)		
Exercises		None		15 x 30" speed strides - zone 2				
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles zone 1				
Suggestions		Hydrate before, during and after workouts						
7	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Hill Training	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		15 x 90" hill repeats		17 miles		
Heart Rate		Zone 1 (easy pace)		Zone 3	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles - zone 1				
Suggestions		Hydrate before, during and after workouts						
8	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Endurance - SSD	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles				17 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		6 x 20" speed strides zone 2				
Cool down		static stretch exercises, including abdominal and back exercises						
Suggestions		Hydrate before, during and after workouts						
9	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Tempo Run	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		8.0 miles		18 miles		
Heart Rate		Zone 1 (easy pace)		1st, 3rd, 5th, Zone 2; 3rd, 4th, 6th Zone 1	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		10 minutes zone 1				
Suggestions		Hydrate before, during and after workouts						
10	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Tempo Run	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		4 x 2 mile		19 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		10 minutes zone 1				
Suggestions		Hydrate before, during and after workouts						
11	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Tempo Run	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		3 x 1 mile		20 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		10 minutes zone 1				
Suggestions		Hydrate before, during and after workouts						
12	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Circuit Training	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		8 x 800 meters		19 miles		
Heart Rate		Zone 1 (easy pace)		Zone 3	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		10 minutes				
Suggestions		Hydrate before, during and after workouts						
13	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Tempo Run - Leader	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		1 mile, 2 mile, 3 mile, 2 mile, 1 mile		21 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		10 minutes zone 1				
Suggestions		Hydrate before, during and after workouts						
14	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Tempo Run	Endurance - SSD	Endurance - LSD	Rest	
Workout		5.0 miles		17 x 400 meters		23 miles		
Heart Rate		Zone 1 (easy pace)		Zone 3 (hard pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		5 - 10 minutes				
Suggestions		Hydrate before, during and after workouts						
15	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	WEEKLY MILES
Goal	Rest or CT	Endurance - SSD	Rest - CT	Tempo Run	Endurance - SSD	Endurance - LSD	Rest	
Workout		4.0 miles		2 x 1 mile		13 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None						
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		5 - 10 minutes				
Suggestions		Hydrate before, during and after workouts						
16	29-Apr	30-Apr	1-May	2-May	3-May	4-May	5-May	WEEKLY MILES
Goal	Rest or CT	Rest	Rest - CT	Speed	Rest - CT	WALK WITH A BIC CHALLENGE	Rest	
Workout				12 x 60"		25 miles		
Heart Rate				Zone 2 (moderate pace)		Zone 1, 2, 3, 4		
Exercises								
Warm up				1 mile zone 1		Good luck and have fun!		
Cool down				1 mile zone 1				
Suggestions								

Lily Johnson - Running Life Coaching - Feed 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 use the progression of your training. Please, check your shoes and socks 1 week before the event if those are to good those are you need to get a new pair. Remember, you need to replace your shoes every 300 miles. On your day off from walking use a foam roller to massage your body.

**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 in the following week. Every 3 weeks your walks will increase on volume, on 4 weeks 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, yoga, strength training planks or yogs 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