

## 5 Mile Walking Training Program - 12 Weeks

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY MILES
1	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Endurance - SSD	Rest - CT	Endurance - LSD	Rest	
Workout		2.0 miles		2.0 miles		2.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1 (easy pace)		Zone 1 (easy pace)		
Exercises		None		2 x 10 squats				
Warm up	dynamic stretch exercises							
Cold 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	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		2.5 miles		2.0 miles		3.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1 (easy pace)		Zone 1 (easy pace)		
Exercises		None		2 x 20 lunges alternating leg				
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate before, during and after workouts							
3	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Hill Repeats	Rest - CT	Endurance - LSD	Rest	
Workout		3.0 miles		8 x 15' hill repeats		3.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
4	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Endurance - SSD	Rest - CT	Endurance - LSD	Rest	
Workout		2.5 miles		2.0 miles		3.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1 (easy pace)		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
5	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Hill Repeats	Rest - CT	Endurance - LSD	Rest	
Workout		2.5 miles		8 x 30' hill repeats		3.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
6	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Intervals	Rest - CT	Endurance - LSD	Rest	
Workout		2.5 miles		3.0 miles		4.0 miles		
Heart Rate		Zone 1 (easy pace)		1st Zone 2, 2nd Zone 1, 3rd Zone 2		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
7	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Hill Repeats	Rest - CT	Endurance - LSD	Rest	
Workout		3.0 miles		10 x 40' hill repeats		3.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
8	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Circuit Training	Rest - CT	Endurance - LSD	Rest	
Workout		2.5 miles		12 x exercises of whole body strength		4.0 miles		
Heart Rate		Zone 1 (easy pace)		15- 20 repeats		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
9	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Fartlek	Rest - CT	Endurance - LSD	Rest	
Workout		3.0 miles		1 mile (1' Zone 3, 1 Zone 1)		4.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1 (easy pace), Zone 3 (hard pace)		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
10	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Tempo Run	Rest - CT	Endurance - LSD	Rest	
Workout		3.0 miles		2 x 2 mile run		5.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
11	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	
Goal	Rest - CT	Endurance - SSD	Rest - CT	Intervals	Rest - CT	Endurance - LSD	Rest	
Workout		2.5 miles		1 kilometer: (2' Zone 3, 2' Zone 1)		3.0 miles		
Heart Rate		Zone 1 (easy pace)		1 mile 2'		Zone 1 (easy pace)		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	Hydrate, before, during and after workouts							
12	29-Apr	30-Apr	1-May	2-May	3-May	4-May	5-May	
Goal	Rest - CT	Intervals	Rest - CT	Speed	Rest - CT	<b>WALK WITH A DICK CHALLENGE</b>	Rest	
Workout		3 x 1 mile		8 x 45"		<b>5.0 miles</b>		
Heart Rate		Zone 2		Zone 2 (moderate pace)		Zone 1, 2, 3, 4		
Exercises		None						
Warm up	dynamic stretch exercises							
Cold down	static stretch exercises, including abdominal and back exercises							
Suggestions	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 your 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 advantages of going 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 days (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