

50 Mile Walking Training Program - 16 Weeks

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
1	14-Jan Rest or CT	15-Jan Endurance - SSD	16-Jan Rest or CT	17-Jan Endurance - SSD	18-Jan Rest or CT	19-Jan Endurance - SSD	20-Jan Rest	
Goal		5.0 miles		5.0 miles		5.0 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		
Cool 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		
Hydration		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)							
2	21-Jan Rest or CT	22-Jan Endurance - SSD	23-Jan Rest or CT	24-Jan Circuit Training	25-Jan Endurance - SSD	26-Jan Endurance - SSD	27-Jan Rest	WEEKLY MILES
Goal		5.0 miles		2 x (15 strength exercises for whole body)	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1	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				
Hydration		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)							
3	28-Jan Rest or CT	29-Jan Endurance - SSD	30-Jan Rest or CT	31-Jan Mid Training	1-Feb Endurance - SSD	2-Feb Endurance - SSD	3-Feb Rest	WEEKLY MILES
Goal		5.0 miles		20 x 90" hill repeats	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1	Zone 1	Zone 1 (easy pace)		
Exercises		None		2 miles - zone 1				
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles - zone 1				
Hydration		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)							
4	4-Feb Rest or CT	5-Feb Endurance - SSD	6-Feb Rest or CT	7-Feb Circuit Training	8-Feb Endurance - SSD	9-Feb Endurance - SSD	10-Feb Rest	WEEKLY MILES
Goal		5.0 miles		2 x (15 strength exercises for whole body)	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1	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				
Hydration		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							
5	11-Feb Rest or CT	12-Feb Endurance - SSD	13-Feb Rest or CT	14-Feb Mid Training	15-Feb Endurance - SSD	16-Feb Endurance - SSD	17-Feb Rest	WEEKLY MILES
Goal		5.0 miles		20 x 90" hill repeats	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1	Zone 1	Zone 1 (easy pace)		
Exercises		None		2 miles - zone 1				
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles - zone 1				
Hydration		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)							
6	18-Feb Rest or CT	19-Feb Endurance - SSD	20-Feb Rest or CT	21-Feb Circuit Training + Sprint	22-Feb Endurance - SSD	23-Feb Endurance - SSD	24-Feb Rest	WEEKLY MILES
Goal		5.0 miles		2 x (15 strength exercises for whole body)	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Alternate 1 exercise, 1 speed stride	Zone 1	Zone 1 (easy pace)		
Exercises		None		18 x 45" 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				
Hydration		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)							
7	25-Feb Rest or CT	26-Feb Endurance - SSD	27-Feb Rest or CT	28-Feb Mid Training	1-Mar Endurance - SSD	2-Mar Endurance - SSD	3-Mar Rest	WEEKLY MILES
Goal		5.0 miles		20 x 90" hill repeats	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1	Zone 1	Zone 1 (easy pace)		
Exercises		None		2 miles - zone 1				
Warm up		dynamic stretch exercises		2 miles - zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		2 miles - zone 1				
Hydration		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)							
8	4-Mar Rest or CT	5-Mar Endurance - SSD	6-Mar Rest or CT	7-Mar Endurance - SSD	8-Mar Endurance - SSD	9-Mar Endurance - SSD	10-Mar Rest	WEEKLY MILES
Goal		5.0 miles		7.0 miles	7.0 miles	7.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1	Zone 1	Zone 1 (easy pace)		
Exercises		None		10 x 20" 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				
Hydration		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)							
9	11-Mar Rest or CT	12-Mar Endurance - SSD	13-Mar Rest or CT	14-Mar Tempo Run	15-Mar Endurance - SSD	16-Mar Endurance - SSD	17-Mar Rest	WEEKLY MILES
Goal		5.0 miles		7.0 miles	4.0 miles	2.5 miles		
Heart Rate		Zone 1 (easy pace)		16, 14L, 50L, 70% Zone 2; 2nd, 4th, 6th Zone 1	Zone 1	Zone 1 (easy pace)		
Exercises		None		1 mile zone 1				
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		1 mile zone 1				
Hydration		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)							
10	18-Mar Rest or CT	19-Mar Endurance - SSD	20-Mar Rest or CT	21-Mar Tempo Run	22-Mar Endurance - SSD	23-Mar Endurance - SSD	24-Mar Rest	WEEKLY MILES
Goal		5.0 miles		7.0 miles	4.0 miles	2.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None		1 mile zone 1				
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		1 mile zone 1				
Hydration		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)							
11	25-Mar Rest or CT	26-Mar Endurance - SSD	27-Mar Rest or CT	28-Mar Tempo Run	29-Mar Endurance - SSD	30-Mar Endurance - SSD	31-Mar Rest	WEEKLY MILES
Goal		5.0 miles		7.0 miles	4.0 miles	3.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None		1 mile zone 1				
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		1 mile zone 1				
Hydration		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)							
12	1-Apr Rest or CT	2-Apr Endurance - SSD	3-Apr Rest or CT	4-Apr Circuit Training	5-Apr Endurance - SSD	6-Apr Endurance - SSD	7-Apr Rest	WEEKLY MILES
Goal		5.0 miles		10 x 90" hill repeats	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 1	Zone 1	Zone 1 (easy pace)		
Exercises		None		1 mile zone 1				
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		1 mile zone 1				
Hydration		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)							
13	8-Apr Rest or CT	9-Apr Endurance - SSD	10-Apr Rest or CT	11-Apr Tempo Run - Ladder	12-Apr Endurance - SSD	13-Apr Endurance - SSD	14-Apr Rest	WEEKLY MILES
Goal		5.0 miles		1 mile, 2 mile, 3 mile, 3 mile, 2 mile, 1 mile	4.0 miles	2.7 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None		1 mile zone 1				
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		1 mile zone 1				
Hydration		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)							
14	15-Apr Rest or CT	16-Apr Endurance - SSD	17-Apr Rest or CT	18-Apr Tempo Run	19-Apr Endurance - SSD	20-Apr Endurance - SSD	21-Apr Rest	WEEKLY MILES
Goal		5.0 miles		20 x 400 meters	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 3 (hard pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None		1 mile zone 1				
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		1 mile zone 1				
Hydration		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)							
15	22-Apr Rest or CT	23-Apr Endurance - SSD	24-Apr Rest or CT	25-Apr Tempo Run	26-Apr Endurance - SSD	27-Apr Endurance - SSD	28-Apr Rest	WEEKLY MILES
Goal		5.0 miles		3 x 3 miles	4.0 miles	3.5 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None		1 mile zone 1				
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		1 mile zone 1				
Hydration		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)							
16	29-Apr Rest or CT	30-Apr Endurance - SSD	1-May Rest or CT	2-May Sprint	3-May Endurance - SSD	4-May Endurance - SSD	5-May Rest	WEEKLY MILES
Goal		5.0 miles		12 x 90"	4.0 miles	4.0 miles		
Heart Rate		Zone 1 (easy pace)		Zone 2 (moderate pace)	Zone 1	Zone 1 (easy pace)		
Exercises		None		1 mile zone 1				
Warm up		dynamic stretch exercises		1 mile zone 1				
Cool down		static stretch exercises, including abdominal and back exercises		1 mile zone 1				
Hydration		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)							

Lyli Johnson: Running Lyli Coaching Heart Coach

How to use this schedule:

Equipment: Before starting your walking training, you will need to 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 walking. It's important you have a training journal to write down your workouts and to see the progression of your training. Please, check your shoes and socks 7 weeks before the event of those as good shape or you need to get a new pair. Remember, you need to replace your shoes every 300 miles. On your days off from walking use a foam roller to massage your body.

Walk Days: By following the schedule you will be walking 1 day a week. Please do 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 advantage of doing more than your 50 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: Even weeks 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 further the next week. Without recovery days, you will not recover your fitness.

CT: Cross Training

SSD: Short Steady Distance

USD: Long Steady Distance

Zone 1: Easy Pace

Zone 2: Moderate Pace

Zone 3: Hard Pace

Zone 4: Very Hard Pace