



Events for Walkers by Walkers®

This plan assumes that you have no major health problems, are in reasonably good shape, and have done some walking. Walk a 20 minute mile. You may have a sedentary job—walking as a part of “daily life”; 2000-3000 steps per day (1.5 miles or less). You should be able to walk continuously for 20 minutes. You are getting out for walks 2-3 times a week. All paces welcome.

Training for a successful walk:

A **Training for a successful walk:** A schedule to help you reach the finish line, whether walking to participate in a walking event or improve health and fitness. Having a goal of taking part of a 5K walk is a great way to fit exercise into your lifestyle and have fun at the same time. Challenging yourself is part of the fun. But you don't want to overdo it and hurt yourself. Listen to your body. Breathe well and use the talk test**. All sessions begin with warming up and cooling down for 5 minutes. Monitor intensity by your breathing.**

5K Training Plan for those who are walking 20 minutes and want to do a 5K; or who are inactive with walking limited to daily life activities.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Activity Intensity	Easy Walk Talk Test	XT or off Easy to Mod	Mod	Rest / Off	XT / off / or 30 minutes walk	Endurance / Longer	Rest / Off
Heart Rate	65-75%	70-75%	70 -80%	na	70-75%	65-78%	na
RPE	6-7	7-7.5	7-7.5	na	7-8	6-7	na
10	20 minutes	XT or off	20 minutes	Rest / Off	XT or off 30 minutes walk	20-25 minutes	Rest / Off
9	20 minutes	XT or off	20 minutes	Rest / Off	XT or off 30 minutes walk	25-30 minutes	Rest / Off

8	25 minutes	XT or off	25 minutes	Rest / Off	XT or off 30 minutes walk	30-35 minutes	Rest / Off
7	25 minutes	XT or off	25 minutes	Rest / Off	XT or off 30 minutes walk	35-40 minutes	Rest / Off
6	30 minutes	XT or off	30 minutes	Rest / Off	XT or off 30 minutes walk	40-45 minutes	Rest / Off
5	30 minutes	XT or off	30 minutes	Rest / Off	XT or off 30 minutes walk	45-50 minutes	Rest / Off
4	30 minutes	XT or off	30 minutes	Rest / Off	XT or off 30 minutes walk	50-60 minutes	Rest / Off
3	35 minutes	XT or off	35 minutes	Rest / Off	XT or off 30 minutes walk	60-minutes	Rest / Off
2	40 minutes	XT or off	40 minutes	Rest / Off	XT or off 30 minutes walk	60-minutes	Rest / Off
1	45 minutes	XT or off	45 minutes	Rest / Off	XT or off 30 minutes walk	55 minutes	Rest / Off

This scheduled is prepared by Judy Heller ACE-certified Personal Trainer and USATF Coach / Wonders of Walking, LLC

****Note:** One kilometer is about 0.62 miles. A 5K walk is approximately 3.1 miles.

The American College of Sports Medicine recommends that you complete at least 30 minutes of physical activity on most, if not all, days of the week. The

National Academies'Institute of Medicine suggests 60 minutes of exercise if you wish to lose weight.

This plan is bases on minutes walked.

Wearing a stepometer may be helpful for approximating mileage. In general 2000 steps = 1 mile.

Use the following workout key for these protocols:

- **Warm up** for 5 minutes before all work outs. **Cool down** for 5 minutes when finished by easy walking
- **Stretch** following walk. Stretching helps to maintain or improve flexibility.

- **Intensity** by heart rate is using heart rate monitor or RPE (rate of perceived exertion) on a scale of 1 – 10 (1 is sleeping, 10 is gasping for breath).
- **Talk test.** You are able to carry on a conversation with one or two sentences. If you gasp for breath, slow down.
- **EASY** – Keep intensity low and at a conversational level.

Intensity should be within 60%–70% of your Target Heart Rate or 6-7 on the RPE scale.

- **LONG / Stamina** – Keep intensity low and at a conversational level. Focus on completing the distance.
Usually not to exceed 78% HR or 6-8 RPE
- **Active Rest - XT (Cross Train)** – other daily life activities or do a workout for the designed amount of time on aerobic or strength equipment.
Keep intensity low. Gardening, house cleaning, bike ride, resistance training, swimming are examples.
If you are just starting your program of a more active lifestyle take off on your XT days for the first 3 or 4 weeks. This will allow you body to adapt to the changes. If you are currently XT, follow the schedule adding our activity.

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