



Training Schedule

This training plan is designed as a guide to help build you up to walking 20 miles.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Miles	3 Miles	5 Miles	Crosstrain 30 min	Rest	3 Miles	6 Miles
2	3 Miles	3 Miles	5 Miles	Crosstrain 40 min	Rest	4 Miles	8 Miles
3	3 Miles	4 Miles	5 Miles	Crosstrain 50 min	Rest	4 Miles	10 Miles
4	3 Miles	5 Miles	3 Miles	Crosstrain 60 min	Rest	4 Miles	11 Miles
5	Crosstrain 40 min	5 Miles	3 Miles	Crosstrain 60 min	Rest	3 Miles	12 Miles
6	Crosstrain 40 min	5 Miles	3 Miles	Crosstrain 60 min	Rest	4 Miles	15 Miles
7	Rest	5 Miles	3 Miles	Crosstrain 60 min	Rest	3 Miles	10 Miles
8	Crosstrain 40 min	5 Miles	3 Miles	Crosstrain 60 min	Rest	4 Miles	18 Miles
9	Rest	3 Miles	3 Miles	5 Miles	Rest	4 Miles	10 Miles
10	Crosstrain 30 min	3 Miles	3 Miles	5 Miles	Rest	TC 20	<i>Celebrate!</i>

****You should consult your physician or other health care professional before starting an exercise program to determine if it is safe for you to participate.**

CROSS-TRAINING: Cross training can include any other activity you enjoy such as biking, swimming, yoga/pilates, or strength training. Cross training helps prevent injury and the overuse of certain muscles.

FOOTWEAR: Proper shoe and sock selection will be very important for your training walks and walking on the day of the event. We highly suggest getting fitted at a local running store for shoes that fit your specific foot. Good shoes provide support that helps avoid ankle, shin and knee injuries.