



## WONDERFUL WALKERS NINE WEEK TRAINING PROGRAM

WALK 2K, 5K, OR 10K AT THE BRIDGE CITY BOOGIE

**SUNDAY, JUNE 8, 2008**

3 WORKOUTS PER WEEK. NEVER 2 DAYS IN A ROW.  
CROSS-TRAIN ON REST DAYS, BUT LEAVE AT LEAST ONE OR TWO  
DAYS OF TOTAL REST.

### WEEK ONE

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40
2	Easy walk for 5 / Walk stronger for 25 / Easy walk for 5	35
3	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40

**TIP:** Walking is just as wonderful as running. The workout you receive from a regular walking program is proven to be very effective in keeping you extremely fit and healthy. Way to go!

### WEEK TWO

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 35 / Easy walk for 5	45 - EZ
2	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40 - EZ
3	Easy walk for 5 / Walk stronger for 35 / Easy walk for 5	45 - EZ

**TIP:** Keep hydrated on your workouts. Water prevents fatigue, injury and dehydration.

### WEEK THREE

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 45 / Easy walk for 5	55
2	Easy walk for 5 / Walk stronger for 35 / Easy walk for 5	45
3	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50

**TIP:** Walking is great fitness: Keep your program as consistent as you can (3x per week) and be confident that walking is just as great as running for keeping fit, healthy and happy.

### WEEK FOUR

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 45 / Easy walk for 5	55

**TIP:** Many people will walk the Boogie 5k and 10k

### WEEK FIVE

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 60 / Easy walk for 5	70
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60

**TIP:** Keep your walking at a brisk pace; your fitness is improving and walking is an incredible way to stay young, highly energized and fit.

### WEEK SIX

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 65 / Easy walk for 5	75
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60

**TIP:** Walking form follows many of the same rules for running: relax your body, short steps and arms swinging at the hips.

### WEEK SEVEN

DAY	HOMEWORK - HOLDING STEADY THIS WEEK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 65 / Easy walk for 5	75
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60

**TIP:** Look straight ahead, rather than down. Don't forget to wear the appropriate gear to keep that face of yours beautiful; sunscreen, hat, sunglasses. Walking is amazing fitness!

### WEEK EIGHT

DAY	HOMEWORK MAX THE TIME ON YOUR FEET FOR YOUR LSD WALK THIS WEEK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 70 / Easy walk for 5	80
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60

### WEEK NINE

DAY	HOMEWORK - ONLY 1 WEEK TO GO!	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60
2	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40
3	Easy walk for 5 / Walk stronger for 20 / Easy walk for 5	30

**TIP:** Come to the Boogie start line rested and ready. Walking is just as great as running for keeping your body and mind healthy and happy.

### FIVE IMPORTANT WALKING / RUNNING TIPS

1. Rest days: Put rest days in between run days - never go two days in a row.
2. Number one cause of injury is too much too soon, regardless of your running history. If you're just coming back to running this spring - ease back into it.
3. Number two cause of injury is worn-out or incorrect shoes for your feet. It is very important to be in a proper running shoe. Shop at a specialty running store where they really know running and shoes. If your shoes are past six months old, it's definitely time for some new ones. Your feet will love it and so will your running.
4. Warm up and cool down: Always warm up (walking) and cool down (walking) for each and every workout. Always stretch after you walk or run.
5. Don't ever run through pain: If you feel an owie coming on - STOP running. Never ever run through pain. An owie you can nip right away - if you run through it you turn that owie into an injury that wasn't necessary. Take necessary rest days for a quick recovery.

#### ACRONYMS:

LSD - Long, steady distance    EZ - Easy    MED - Medium