

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	3 miles - steady pace	Relax and stretch	3 miles - steady pace	Relax and stretch	3 miles - steady pace	Relax and stretch	Relax and stretch	9
2	4 miles - steady pace	Relax and stretch	4 miles - steady pace	Relax and stretch	4 miles - steady pace	Relax and stretch	Relax and stretch	12
3	5 miles - steady pace	Relax and stretch	4 miles - pick up pace	Any other activity	4 miles - increase exertion	Relax and stretch	6 miles - steady pace	19
4	Relax and stretch	5 miles - increase exertion	Any other activity for minimum 30 mins	5 miles - pick up pace	Any other activity	Relax and stretch	8 miles - steady pace	18
5	Any other activity	5 miles - pick up pace	Relax and stretch	4 miles - increase exertion	Any other activity	Relax and stretch	10 miles - cover the distance, feel the pace	19
6	Relax and stretch	Any other activity	4 miles - increase exertion	Any other activity	6 miles - intervals	Relax and stretch	12 miles - distance and speed	22
7	Relax and stretch	6 miles - speed	Any other activity for minimum 30 mins	Relax and stretch	6 miles - intervals	Any other activity for minimum 30 mins	Relax and stretch	12
8	14 miles - distance and speed	Relax and stretch	6 miles - speed	Relax and stretch	6 miles - intervals	Relax and stretch	16 miles - distance and speed	42
9	Relax and stretch	6 miles - speed	Any other activity for minimum 30 mins	7 miles - speed	Any other activity	6 miles - speed	Relax and stretch	19
10	16 miles - distance and speed	Relax and stretch	Any other activity for minimum 30 mins	7 miles - pick up pace	Relax and stretch	7 miles - speed	Relax and stretch	30
11	20 miles - the long one!	Relax and stretch	Relax and stretch	5 miles - speed	Relax and stretch	5 miles - speed	Any other activity	30
12	5 miles - speed	Relax and stretch	3 miles - speed	Relax and stretch	3 miles - speed	Relax and stretch	THE BIG DAY!	11
13	CONGRATULATIONS!							26.2

By following this plan, you should successfully and comfortably complete your Walkathon. Any additional training walks to those shown here can only benefit you!

To start using this plans, you should be able to walk 3 miles at a constant and steady pace of approximately 18-20 minutes per mile. Your goal is to reach a fitness level where you can achieve 14 minute miles. Most importantly to be successful, make this plan fit in with your life!

Walk days: Start by regular walking and finding your pace.

Let your body rest on these days, but don't do nothing. Make it a daily habit to spend 15 minutes stretching. This is an ideal companion to walking and will also make a difference with your flexibility.

Other activities: Try any other activities such as swimming, dancing or even kickboxing. They all compliment power walking. Whichever you choose, make sure it increases your heart rate. Try to include some walking technique from the beginning, particularly using your arms as well as it will help you progress.

REMEMBER - IF YOU THINK YOU CAN, YOU WILL! 65% OF TRAINING IS IN THE MIND!

HOW DOES IT WORK?

Week 1-4: Start at a steady pace, get used to regular walking, work on your technique developing good posture, strong arm movement and a good push off. Start stretching every day.

Week 5-8: Your energy, stamina and distance is increasing! Keep stretching and keep a log of progress. Introduce interval training - alternating between walking fast for 1-2 minutes and then slowing down to recover for double the time of the fast walking. Repeat as often as you are able to.

Week 9-12: By now your speed and stamina will be coming together and, if