

# Union of Knights 7-Day Running & Walking Guide (Weekend Rest)

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Purpose: To build cardiovascular endurance, stamina, and walking/running efficiency while keeping weekend rest days for recovery and personal care.

## Weekly Overview

Day	Focus	Activity	Notes
Monday	Moderate Run	2–3 miles run at a conversational pace	Focus on steady breathing, maintain upright posture
Tuesday	Brisk Walk	45–60 min brisk walk	Optional: mindfulness walking, stretch before/after
Wednesday	Interval Training	1 mile warm-up walk/run, 6–8 x 1-min faster runs with 2-min walking recovery, 1-mile cooldown walk	Builds speed and cardiovascular efficiency
Thursday	Long Walk/Run Combo	3–4 mile walk/run mix (alternate 10 min running / 5 min walking)	Maintain consistent pace; focus on mental focus and posture

Friday	Hill or Incline Work	20–30 min hill run or treadmill incline walking	Strengthens legs, core, and improves running efficiency
Saturday	Rest Day	No running; optional gentle stretching or yoga	Focus on hydration, sleep, and body care
Sunday	Rest Day	No running; optional massage, stretching, or light walk	Reflect on the week, plan next week

## Daily Components

### Warm-up (5–10 min)

- Gentle dynamic stretches: leg swings, arm circles, hip openers
- Light walking or slow jogging

### Main Activity

- Follow the day's focus (run, walk, interval, hill)
- Maintain proper form: upright posture, relaxed shoulders, engaged core

### Cool-down (5–10 min)

- Walk slowly to bring heart rate down
- Stretch calves, quads, hamstrings, hip flexors
- Optional: deep breathing or meditation

**Tips for Success**

- Footwear: Supportive running/walking shoes
- Hydration: Drink water before and after activity
- Progression: Increase distance or speed gradually each week by 5–10%
- Personal Care: Foam roll or stretch sore muscles on active days