

Mayor-A-Thon 7 Week Walk Training Program



Beginning the week of 5/11/09

Date	Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5/11	1	Rest	35 min easy	20 min stroll	35 min easy	Rest	20 min stroll	3 miles easy
5/18	2	Rest	30 min easy	20 min stroll	30 min easy	Rest	30 min stroll	2 miles brisk
5/25	3	Rest	35 min easy	20 min stroll	35 min easy	Rest	20 min stroll	4 miles easy/brisk
6/1	4	Rest	35 min easy	25 min stroll	35 min easy	Rest	40 min stroll	5 miles easy
6/8	5	Rest	35 min easy	25 min stroll	35 min easy	Rest	40 min stroll	6 miles easy
6/15	6	Rest	35 min easy	25 min stroll	35 min easy	Rest	40 min stroll	7 miles easy
6/22	7	Rest	35 min easy	25 min stroll	35 min easy	Rest	Mayor-A-Thon	30 min easy

Clarification for Stroll, Easy and Brisk.

- ◆ A Stroll pace is “window shopping” walking, breathing is normal and you enjoy your walk.
- ◆ An Easy pace is continuous comfortable walking with breathing a little faster than normal because you are moving somewhat faster than your stroll pace.
- ◆ A Brisk Walk is a “Fitness Walk” where you are walking with real purpose. Your breathing will be a little harder but you will still be able to carry on a conversation and your pace will be quicker-than-normal steps.
- ◆ Rest days are either rest or cross training days. If you choose to exercise choose something other than walking i.e.: swimming, biking, yoga, etc.