



## Suggested Training Schedule

1. Before beginning any training work out, check with your doctor.
2. Start your training schedule with the focus on time and not miles.
3. 15 minute walk, 2 - 3 times a week.
4. When comfortable with that, increase to 30 minutes, 2 – 3 times a week.
5. Increase the 30 minute walk to 45 minutes, 2 – 3 times a week.
6. When comfortable with a 45 minute walk, start walking with the focus switched to miles.
7. Start varying the times and distances. Try a 6-mile walk once per week and a 3 – 4 mile walk one or two times a week.
8. When comfortable with the 6-mile walk, increase your once-a-week 6-mile walk to 9-miles. Continue to walk 3 – 4 miles once or twice a week.
9. After a few weeks increase your one a week 9-mile walk to 12 miles.
10. When comfortable with the 12 mile walk increase your once-a-week 12-mile walk to 15 miles once a week. Continue with the shorter mile walks once or twice a week through the summer.
11. In July get in a two-day back-to-back walk to get your body used to going again on the second day – it makes a big difference not having a rest day after the first long one. Try to do this in July/August. The miles should be 15 – 18 miles the first day and 12 – 15 miles the second day.  
NOTE: Avoid long back-to-back walks a few weeks before the event.
12. Training should taper off during the last month leading into the walk. Three weeks before the event, cut back the longer walks should be no more than 12 – 15 miles and the shorter ones 3 – 4 miles. Two weeks before the walk, cut back to one 6 -10 mile walk and a couple of 3 – 4 mile walks.
13. To give your body some rest, stop walking at least one week before the event. Avoid strenuous exercise just before the event to build up reserves.

### **Training Tips to Remember**

- Stretch, stretch, stretch! Remember to stretch before, during and after a walk.
- Drink plenty of fluids, both water and sport drinks.
- Dress for walking with comfortable shoes, socks and clothes that wick moisture.
- Have scheduled turnaround points for longer walks and in a group, have someone watching the front and back walkers.
- *LISTEN TO YOUR BODY* and do not push it if you do not feel up to a long walk.
- Follow the nutrition tips on the web site
- Track your training on the enclosed 2-Day Walk Training Schedule.

**Training Walks:** We have a great group of volunteer Training Walk Leaders located throughout metro-Atlanta. They're fellow walkers and crew members that take the time to create training routes and lead the training walks in their area. Please visit our web site at [www.2daywalk.org](http://www.2daywalk.org) to view the list of training walks. If there are no training walks listed for your area & you would like to start a walking group & become a Training Walk Leader please contact the office at 404.531.4111.