

Ready, Set - **GOAL!**

# ADVANCED WALKING PROGRAM

- This schedule is for Individuals who are normally active without significant health complaints but who regularly engage in fitness walking.
- Increase the time you spend walking each week before working on speed. If you find any week to be difficult, repeat that week rather than adding more time, until you are able to progress comfortably.

## MAKE THE POSITIVE COMMITMENT:

The secret is consistency. Make walking a daily habit, not just something you do on weekends or when the weather is nice.

## Possible Goals:

- Be able to walk a 5K walk (3.1 miles) in one hour or less
- Improve walking posture and form
- Finish a 5K walk feeling energized rather than exhausted

PACE	DESCRIPTION	BREATHING	HOW TO DO IT
<b>STROLL</b>	“Window Shopping” walking	Normal	Enjoy your walk
<b>EASY</b>	Continuous “Comfortable” walking	Almost Normal	Move a little faster
<b>BRISK</b>	Walking with “Real” purpose	Harder, but still conversational	Quicker-than-normal steps

## DISTANCE or LENGTH OF TIME:

This workout has a focus on minutes rather than miles. Don't worry how far you walk, just walk the length of time. Just get out on a regular basis and exercise your legs.

## SAFETY & EXERCISE PRECAUTIONS:

Because exercise is a stress placed on the body, certain precautions should be considered. Participants are encouraged to get a physical exam prior to engaging in vigorous exercise. Users who are over age 40 and/or have any ailment or special condition(s) which may increase risk of heart disease are strongly encouraged to consult a physician prior to engaging in exercise.

## REST:

Rest is as important a part of you training as the workouts. You will be able to do the long walks on the weekends better and limit your risk of injury if you rest before and rest after.



## Ready, Set - **GOAL! ADVANCED WALKING PROGRAM**

**Week 1: Tip:** We want to build a habit, so consistency is important. Spread out your rest days ... rest on day 1 and day 5. Shin splints are a common problem for beginners during the first 2 weeks. Check here to Prevent and Treat Shin Splints.

**Week 2:** Change your pace.

**Tip:** Move a little faster when you walk. What makes you move faster?

**Week 3:** Add minutes.

**Tip:** WATCH your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your ab muscles and fall into your natural stride. Don't forget your rest days.

**Week 4:** Be sure to HYDRATE.

**Tip:** Be sure to drink plenty of water before, during, and after walking.

**Week 5:** Add a Longer Day.

**Tip:** Make sure you rest after your long day of walking. You will be able to do the long walks on the weekends better and limit your risk of injury if you rest before and rest after

**Week 6:** Pick up the PACE.

**Tip:** Incorporate a warm up, cool down and stretches into your routine. Start your walk at a slow warm up pace, stop then walk for the desired length of time. End your walk with the slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

**Week 7: Tip:** Now that you are walking longer and faster, you may experience blisters. Learn how to prevent and treat blisters.

**Week 10:** Add intervals.

**Tip:** Interval workouts are a great addition to your walking workout. Try a different pace in 5-minute segments, walk at an EASY pace for 5 minutes, BRISK pace for 5 minutes, EASY pace for 5 minutes, BRISK pace for 5 minutes and so on to complete your long walk.

## **CELEBRATE!**



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# Advanced Walking Log



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 minute-EASY	20 minute-STROLL	30 minute-EASY	Rest	30 minute-STROLL	3 mile walk-EASY
Week 2	Rest	30 minute-EASY	20 minute-STROLL	30 minute-EASY	Rest	30 minute-STROLL	4 mile walk-EASY
Week 3	Rest	35 minute-EASY	20 minute-STROLL	35 minute-EASY	Rest	20 minute-STROLL	2 mile walk-BRISK
Week 4	Rest	35 minute-EASY	25 minute-STROLL	35 minute-EASY	Rest	40 minute-STROLL	5 mile walk-EASY
Week 5	Rest	35 minute-EASY	25 minute-STROLL	35 minute-EASY	Rest	40 minute-STROLL	6 mile walk-EASY
Week 6	Rest	40 minute-STROLL	25 minute-BRISK	40 minute-EASY	Rest	30 minute-STROLL	4 mile walk-BRISK

**My Goals:**  
To finish a half marathon (13.1 miles).

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# Advanced Walking Log

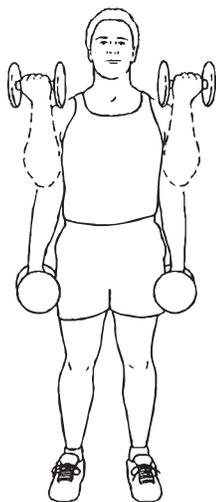


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	Rest	45 minutes-EASY	25 minutes-STROLL	40 minutes-EASY	Rest	50 minutes-STROLL	7 mile walk-EASY
Week 8	Rest	40 minutes-EASY	25 minutes-STROLL	40 minutes-EASY	Rest	50 minutes-STROLL	8 mile walk-EASY
Week 9	Rest	45 minutes-EASY	30 minutes-STROLL	45 minutes-EASY	Rest	30 minutes-STROLL	6 mile walk-BRISK
Week 10	Rest	45 minutes-EASY	30 minutes-STROLL	45 minutes-EASY	Rest	60 minutes-STROLL	9 mile walk-EASY
Week 11	Rest	45 minutes-EASY	30 minutes-STROLL	45 minutes-EASY	Rest	60 minutes-STROLL	10 mile walk-EASY
Week 12	Rest	30 minutes-EASY	20 minutes-STROLL	30 minutes-EASY	Rest	Rest	13.1 mile walk

# WALKING STRENGTH TRAINING

ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

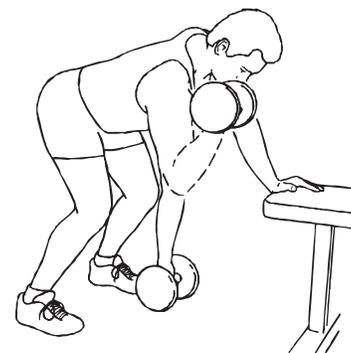
Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do 2-3 sets.  
Complete 10-15 repetitions.

ARMS: BICEPS - 11 Curl: Standing Single Arm, Concentration (Dumbbell)

Curl arm to shoulder, keeping upper arm perpendicular to floor.



Do 2-3 sets.  
Complete 10-15 repetitions.

ARMS: TRICEPS - 5 Extension: Standing (Dumbbell)

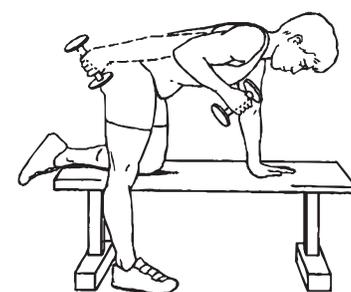
Knees slightly bent, straighten arms, keeping upper arms close to sides of head.



Do 2-3 sets.  
Complete 10-15 repetitions.

ARMS: TRICEPS - 1 Kickback: Bent Over – Single Arm (Dumbbell)

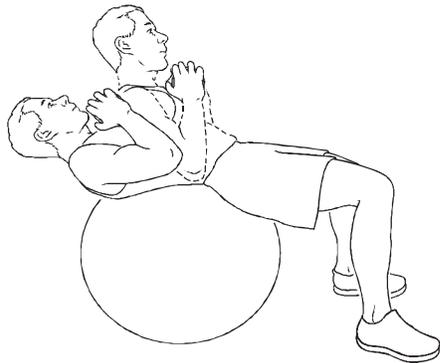
Straighten arm, keeping upper arm in line with body.



Do 2-3 sets.  
Complete 10-15 repetitions.

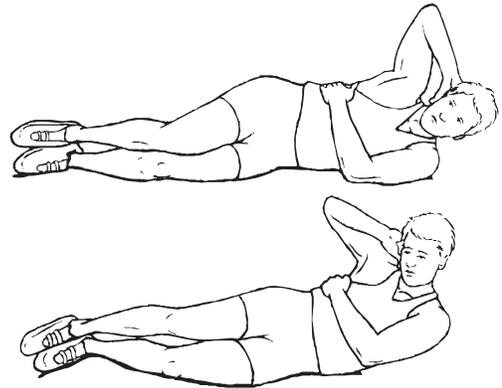
# WALKING STRENGTH TRAINING

ABS - 1 Crunch (Dumbbell)



Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do 2-3 sets. Complete 10-15 repetitions.

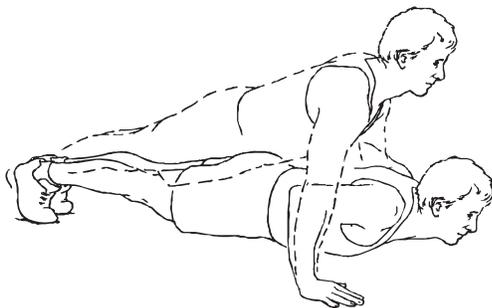
ABS - 18 Crunch: Side



With knees bent, tighten abdominals, flex upper body upward, moving elbow toward hip.

Do 2-3 sets. Complete 10-15 repetitions.

CHEST - 10 Push-Up: Wide Hands

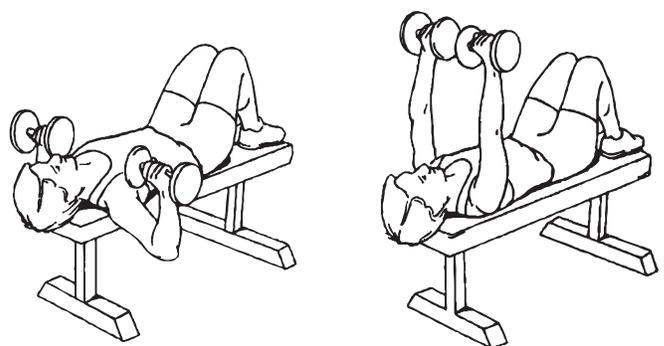


Chest a few inches from floor, push up until arms are straight.

This can also be modified by placing the knees on the floor.

Do 2-3 sets. Complete 8-15 repetitions.

CHEST - 15 Bench Press (Dumbbell)



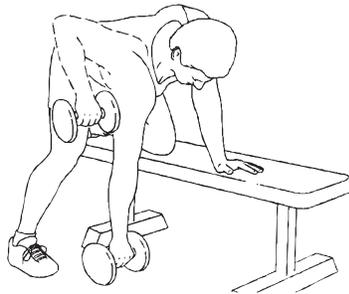
Press to straight arms.

Do 2-3 sets. Complete 10-15 repetitions.

# WALKING STRENGTH TRAINING

BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

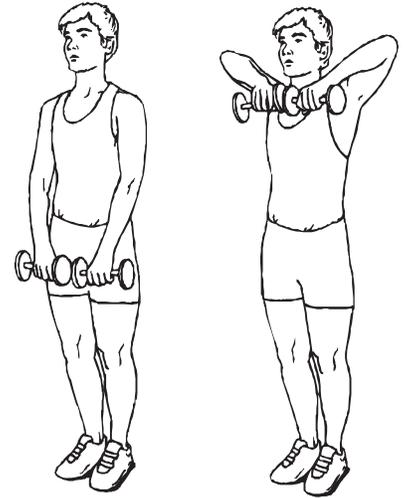
Lift weight to side of chest, keeping elbow close to body.



Do 2-3 sets.  
Complete 10-15 repetitions.

BACK: TRAPS - 1 Row: Upright (Dumbbell)

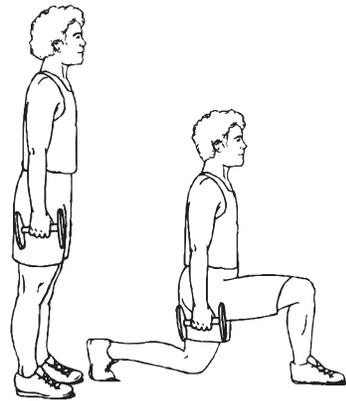
Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.



Do 2-3 sets.  
Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

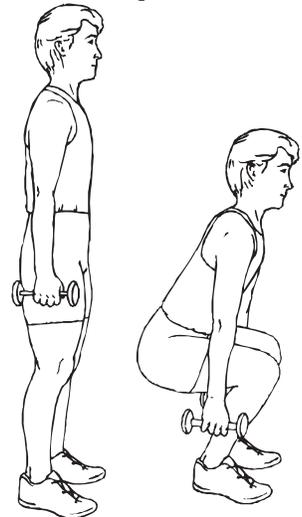
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 2-3 sets.  
Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

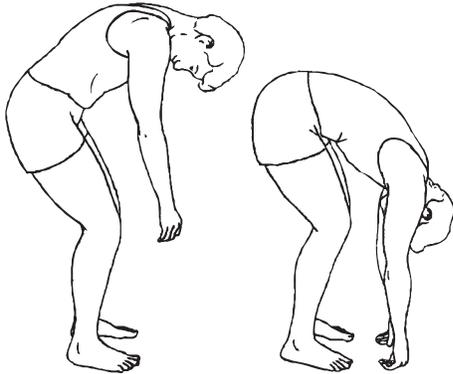
Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do 2-3 sets.  
Complete 10-15 repetitions.

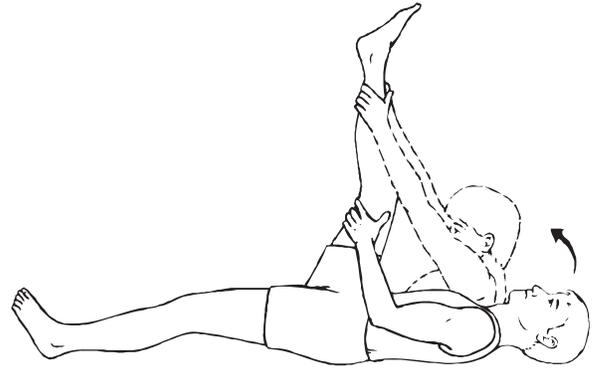
# STRETCHING EXERCISES

HAMSTRINGS - Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold for at least 15 seconds. Bend knees further to return to standing position.

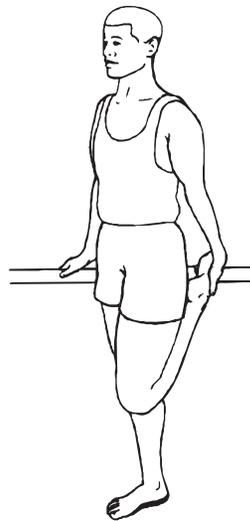
HAMSTRINGS - Leg Raise



With hand behind hamstring, but not knee, gently pull leg forward until stretch is felt. Hold at least 15 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

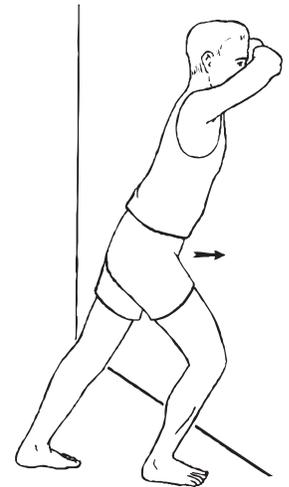
UPPER LEG - Quadriceps

Pull heel toward buttocks and push the same side hip forward until stretch is felt in front of thigh. Hold at least 15 seconds. Repeat with other heel.



LOWER LEG - Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold at least 15 seconds. Repeat with other leg.



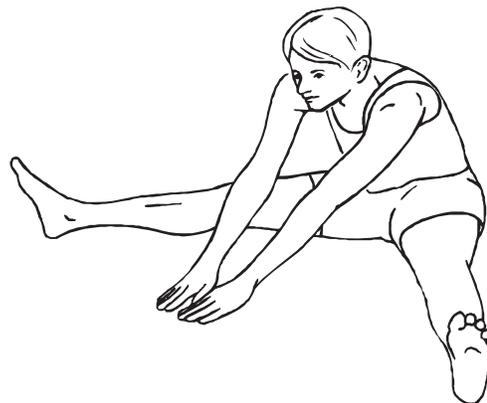
# STRETCHING EXERCISES

## GROIN - Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold at least 15 seconds.



## GROIN - Thigh Adductors



With legs apart, slide hands forward until stretch is felt. Hold at least 15 seconds.

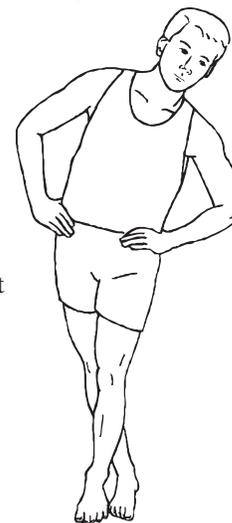
## HIP OBLIQUE - External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold at least 15 seconds. Repeat with left leg over right.



## HIP OBLIQUE - Iliotibial Band / Abductors

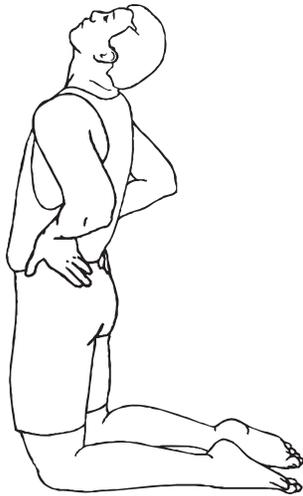
Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.



# STRETCHING EXERCISES

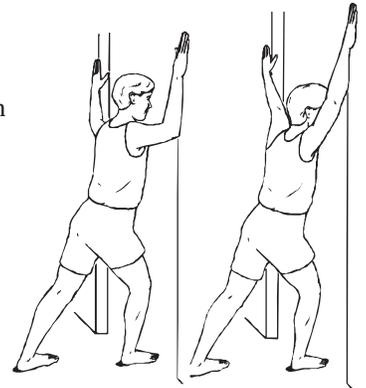
## ABDOMEN - Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold at least 15 seconds.

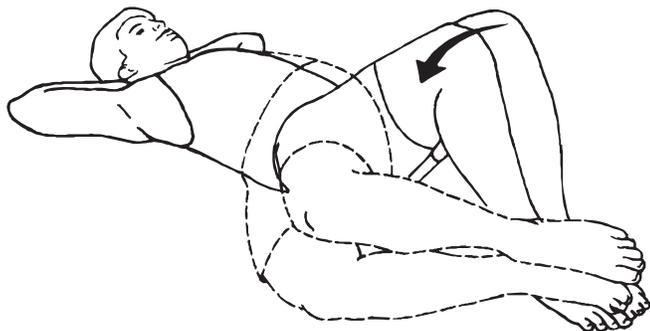


## CHEST - Pectorals

With arms forming a T, lean forward until stretch is felt. Hold at least 15 seconds. Slide arms up to form a V and repeat the stretch.

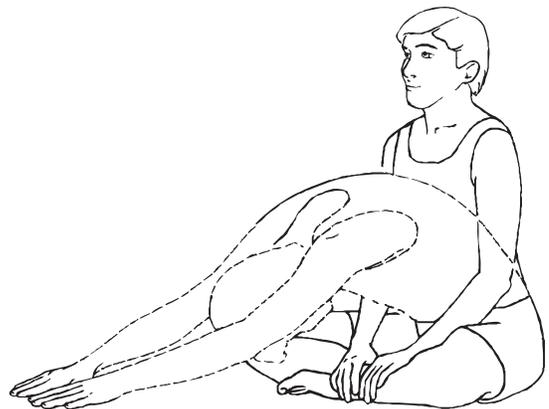


## LOWER BACK - Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold at least 15 seconds. Repeat to other side.

## LOWER BACK - Mid and Lower Extensors

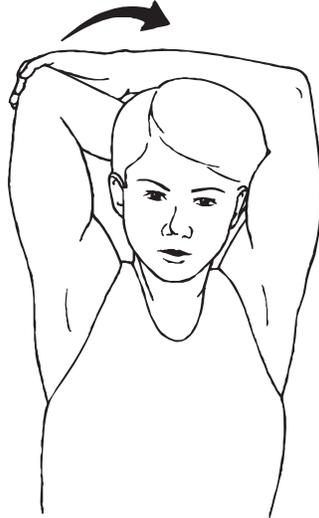


With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.

# STRETCHING EXERCISES

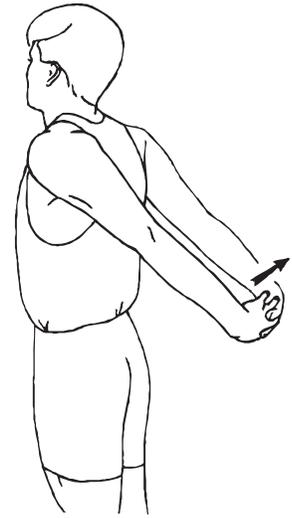
## ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold at least 15 seconds.



## ARMS - Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold at least 15 seconds.



## SHOULDERS - Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold at least 15 seconds. Repeat with other side.

