

TWELVE-WEEK 5K WALKATHON TRAINING PROGRAM

The first step in training for an endurance event such as a walkathon is to establish a fitness base with regular, fairly low-intensity workouts. Once you have established your base, you can increase your strength, stamina, and speed by including some higher-intensity workouts in your weekly training.

GENERAL CONDITIONING

WEEK	DURATION OF WALKS	SESSIONS PER WEEK	INTENSITY	PERCEIVED EXERTION (ON A 10-POINT SCALE)
1	10 minutes	5	40%	Light (4)
2	10 minutes, 2 times a day	5	40%	Light (4)
3	10 minutes, 3 times a day	6	40%	Light (4)
4	20 minutes	5	50%	Fair (5)
5	25 minutes	6	50%	Fair (5)
6	30 minutes	6	50%	Fair (5)

WALKATHON-SPECIFIC CONDITIONING

WEEK	DAY(S)	DURATION	INTENSITY	PERCEIVED EXERTION (ON A 10-POINT SCALE)	
7	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)	
		Tuesday	10 minutes	50%	Fair (5)
		10 minutes	60%	Somewhat Hard (6)	
	Saturday	10 minutes	50%	Fair/Light (5–4)	
		10 minutes	50%	Fair (5)	
		15 minutes	60%	Somewhat Hard (6)	
		5 minutes	50%	Fair/Light (5–4)	
8	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)	
		Tuesday	5 minutes	50%	Fair (5)
		10 minutes	60%	Somewhat Hard (6)	
	Saturday	5 minutes	70%	Vigorous (7)	
		10 minutes	50%	Fair/Light (5–4)	
		10 minutes	50%	Fair (5)	
		20 minutes	60%	Somewhat Hard (6)	
		10 minutes	50%	Fair/Light (5–4)	

WALKATHON-SPECIFIC CONDITIONING (CONTINUED)

WEEK	DAY(S)	DURATION	INTENSITY	PERCEIVED EXERTION (ON A 10-POINT SCALE)
9	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)
		Tuesday	5 minutes	50%
		10 minutes	60%	Somewhat Hard (6)
		10 minutes	70%	Vigorous (7)
		5 minutes	50%	Fair/Light (5–4)
	Saturday	5 minutes	50%	Fair (5)
		30 minutes	60%	Somewhat Hard (6)
5 minutes		50%	Fair/Light (5–4)	
10	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)
		Tuesday	5 minutes	50%
		5 minutes	60%	Somewhat Hard (6)
		15 minutes	70%	Vigorous (7)
		5 minutes	50%	Fair (5)
	Saturday	5 minutes	50%	Fair (5)
		35 minutes	60%	Somewhat Hard (6)
5 minutes		50%	Fair/Light (5–4)	
11	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)
		Tuesday	5 minutes	50%
		5 minutes	60%	Somewhat Hard (6)
		20 minutes	70%	Vigorous (7)
		5 minutes	50%	Fair/Light (5–4)
	Saturday	5 minutes	50%	Fair (5)
		40 minutes	60%	Somewhat Hard (6)
5 minutes		50%	Fair/Light (5–4)	
12	Monday, Thursday	30 minutes	50%	Fair (5)
	Tuesday	5 minutes	50%	Fair (5)
		5 minutes	60%	Somewhat Hard (6)
		25 minutes	70%	Vigorous (7)
		5 minutes	50%	Fair/Light (5–4)
	Wednesday, Friday	15 minutes	50%	Fair (5)

On walkathon day, warm up for 5 to 10 minutes at a fair pace then stretch your major muscle groups. Walk the 5K at about 60% to 70% intensity. Cool down afterward at a light pace for 5 minutes. If you collected pledges for the walkathon, remember to let your supporters know you finished, and remember, too, to reward yourself for your accomplishment. Then set a new fitness goal to keep you going and motivated.

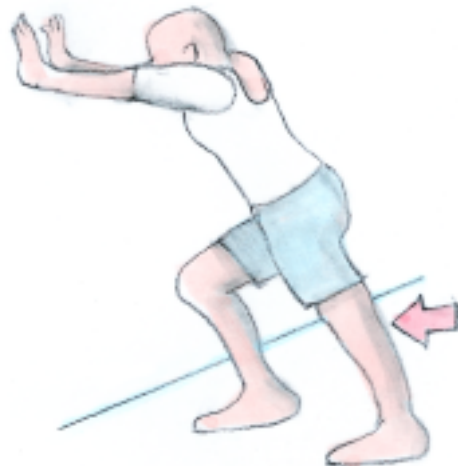
MEASURING YOUR PULSE

Two of the most common places to measure the pulse are the neck and the wrist. To measure the pulse in your neck, place your middle and index fingers on one side of the front of your neck, just under the jaw. To measure the pulse in your wrist, place your middle and index fingers on the inside of the wrist, just under the thumb. (Because the thumb has a pulse of its own, do not use it to check the pulse in your neck or wrist.)



STRETCHES FOR WALKERS

STANDING CALF STRETCH
To stretch your calves, stand facing a wall, place both hands on the wall, and slightly bend one knee while extending the other leg behind you. Keeping both heels on the floor, lean toward the wall so that you feel a stretch in the calf of the back leg. Hold until the muscle feels looser, then switch legs and stretch the other calf.



STANDING SOLEUS STRETCH
For a stretch of the *soleus* (lower calf) muscle, stand facing a wall, place both hands on the wall, and slightly bend both knees while extending one leg behind you. Keeping your heels on the ground, lean toward the wall until you feel a slight stretch in the calf of the back leg. Hold until the muscle feels looser, then switch legs and stretch the other leg.



PLANTAR FASCIA STRETCH
To stretch the *plantar fascia*, a band of tough tissue that runs across the bottom of the foot, stand on the bottom step of a staircase, facing into the staircase. Hold the railing with your hand for balance. Place the ball of one foot on the edge of the step and lower the heel toward the floor until you can feel a stretch in the arch of the foot. Repeat with the other foot.

