

RUN FOR FUN "WALK" Training Program

**The "Walk" Training Program is best suited for those who have been inactive and not exercising regularly.*

DAY MODE INTENSITY I-RATE SYSTEM	Monday Walk Conversational Pace 6-7	Tuesday Walk Conversational Pace 6-7	Wednesday Rest	Thursday Walk Conversational Pace 6-7	Friday Rest	Saturday Walk Conversational Pace 6-7	Sunday Rest Day
WEEK 1	20 minutes	20 minutes	Rest	20 minutes	Rest	20 minutes	Rest
WEEK 2	20 minutes	20 minutes	Rest	20 minutes	Rest	20 minutes	Rest
WEEK 3	25 minutes	25 minutes	Rest	25 minutes	Rest	25 minutes	Rest
WEEK 4	25 minutes	25 minutes	Rest	25 minutes	Rest	30 minutes	Rest
WEEK 5	30 minutes	30 minutes	Rest	30 minutes	Rest	30 minutes	Rest
WEEK 6	30 minutes	30 minutes	Rest	30 minutes	Rest	35 minutes	Rest
WEEK 7	35 minutes	35 minutes	Rest	35 minutes	Rest	35 minutes	Rest
WEEK 8	35 minutes	35 minutes	Rest	35 minutes	Rest	40 minutes	Rest
WEEK 9	40 minutes	40 minutes	Rest	40 minutes	Rest	45 minutes	Rest
WEEK 10	40 minutes	40 minutes	Rest	40 minutes	Rest	45 minutes	Rest

SCHEDULE KEY

Warm-up 5 minutes at an easy pace prior to every workout. **Cool-down** 5 minutes at an easy pace after to every workout.

Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

I-Rate System= A system to identify your effort level. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7= easy, conversational pace)

Intensity= the level of exertion while training. While walking stay at a conversational pace, or at a pace that you can speak words or a sentence. If you are gasping for air you are walking too fast.