

MHAS Fun Run 10K Walking Training Program

- Each workout will start with a 10' easy walk followed and finish with 5-10' of easy walking. The middle portion of each workout is to be performed at a brisk walking pace. Each workout should be followed with a light stretching session. Walking workouts are to be done 3x/week, with a day of rest between.

Week #1

- #1: 15' Brisk Walk
- #2: 18' Brisk Walk
- #3: 20' Brisk Walk

Week #2

- #1: 20' Brisk Walk
- #2: 25' Brisk Walk
- #3: 30' Brisk Walk

Week #3

- #1: 30' Brisk Walk
- #2: 35' Brisk Walk
- #3: 40' Brisk Walk

Week #4

- #1: 40' Brisk Walk
- #2: 45' Brisk Walk
- #3: 50' Brisk Walk

Week #5

- #1: 50' Brisk Walk
- #2: 55' Brisk Walk
- #3: 60' Brisk Walk

Week #6

- #1: 60' Brisk Walk
- #2: 65' Brisk Walk
- #3: 70' Brisk Walk

Week #7

- #1: 80' Brisk Walk
- #2: 85' Brisk Walk
- #3: 90' Brisk Walk

Week #8

- #1: 70' Brisk Walk
- #2: 45' Brisk Walk
- #3: 25' Brisk Walk

- As you begin a walking program your body will appreciate a gradual introduction and progression into your training program ... although the cardiovascular system often feels ready to progress, tissues such as bone, ligament, muscle, and tendon need time to adapt to the training load ... this progression will take 8 weeks
- When performing the middle portion of the workout, the walking can be done at a moderate intensity, but the key is learning to proper pacing. Appropriate intensity should be around the intensity in which you can still hold a steady conversation
- The use of walking poles are useful to aid in the workout
- Be sure to hydrate well throughout the day, and have a light snack within 20' of completion your run
- Engage in a daily stretching routine
- If possible choose a cross-country surface
- Use a cross training activity on non-walk days to complete your training program (cycling or elliptical)
- If you experience pain during a workout that progressively increases, discontinue the workout and take 2 days off before trying again
- If symptoms continue to become aggravated, consult your physiotherapist as soon as possible