

Seven-Week Training Program for CWC Race

Here is a flexible program to prepare for our club race on Saturday September 20. It calls for training 5 days per week. Three days will be fairly easy walks; one day will be a long walk; and one day will be a fast walk. Mileage gradually increases for four weeks and then tapers off the last two weeks in preparation for the race.

You pick which days to do each type of walk. If you'd rather walk four days a week instead of five, eliminate one of the easy 3 mile days and still do a long walk and a fast walk each week.

Tip: Your long walk will be easier if you can find someone to walk with.

| Week | Dates | |
|------|-----------|---|
| 1 | 8/03-8/09 | On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 4 miles (or walk for one hour) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or walk for 25 minutes) at race pace. |
| 2 | 8/10-8/16 | On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 5 miles (or walk for one hour and 15 minutes) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or 25 minutes) at race pace. |
| 3 | 8/17-8/23 | On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 6 miles (or walk for an hour and a half) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute warm-up), and then walk two miles (or walk for 25 minutes) at race pace. |
| 4 | 8/24-8/30 | On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 6 miles (or walk for an hour and a half) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or walk for 25 minutes) at race pace. |
| 5 | 8/31-9/06 | On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 6 miles (or walk for one hour) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or walk for 25 minutes) at race pace. |
| 6 | 9/07-9/13 | Replace long walk with an additional easy 3 mile walk. For fast day, do a one mile (or 10- to 15-minute) warm-up and then do three very fast half-mile (or six minute) intervals, resting 6 minutes between each interval. |
| 7 | 9/14-9/20 | Do a 3 mile easy walk early on Sunday. On Monday and on Wednesday do three fast half mile intervals as above and rest on Tuesday. Rest again on Thursday and do an easy mile and a half or two miles on Friday with two or three one minute sprints interspersed. Walk a great race on Sunday 9/20! |

