

The Dick Batchelor Run for the Children 5k Walking Training Program

Week of August 16th

- 3 days, 20-30 minutes of brisk walking
- Try to walk every other day if possible

Week of August 23rd

- 4 days, 25-35 minutes of brisk walking
- Focus on gradually increasing pace and duration of walking

Week of August 30th

- 3 days, 25-35 minutes of brisk walking
- 1 day of *interval training*: Walk fast 1 minute, walk more slowly 3 minutes. Repeat this cycle 5 times.

Week of September 6th

- 2 days, 25-35 minutes of brisk walking
- 1 long brisk walk of 40 minutes
- 1 day of interval training, same workout as week 3

Week of September 13th

- 2 days, 25-35 minutes of brisk walking
- 1 long brisk walk of 42 minutes
- 1 day of interval training: Walk fast 2 minutes, walk more slowly 4 minutes. Repeat this cycle 4 times. Warm up and cool down for 6 min. each

Participating in the Miracle Miles
is a great way to train!
Saturday, September 26th

Always remember to warm up, cool down, and stretch.
GOOD LUCK!

Week of September 20th

- 3 days, 25-35 minutes of brisk walking
- 1 long brisk walk of 44 minutes
- 1 day of interval training, same workout as week 4

Week of September 27th

- 3 days, 25-35 minutes of brisk walking
- 1 long brisk walk of 46 minutes
- 1 day: 10 minute walk warm-up, walk briskly 10 minutes straight, 10 minute walk cool-down

Week of October 4th

- 3 days, 25-35 minutes of brisk walking
- 1 long brisk walk of 50 minutes
- 1 day of interval training: Walk briskly 3 minutes, walk more slowly 4 minutes. Repeat this cycle 4 times

Week of October 11th

- 3 days, 25-35 minutes of brisk walking
- NO LONG WORKOUT!
- 1 day: see how long you can walk briskly for. Shoot for 30-40 minutes of walking total

Week of October 18th

- 2 days, 25-35 minutes of brisk walking
- Day before race: 10-15 minutes of brisk walking. Stretch, hydrate & eat well.

Saturday, October 24th

Dick Batchelor Run for the Children!



Wellness Center