



4 Days per Week, 16-Week, *Beginner Walker* Bloomsday Training Schedule

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Miles
1	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 5 minute brisk pace 5 minute cool-down</p> <p>Brisk pace is a somewhat comfortable pace - heart rate and breathing have increased slightly and you are feeling a little warm. Conversation is somewhat easy.</p>	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 5 minute brisk pace 5 minute cool-down</p>	Rest	<p style="text-align: center;">Cross-Training</p> <p>Your choice of activity today! Get your heart rate up and stay active for about 15 minutes!</p>	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 5 minute brisk pace 5 minute cool-down</p>	Rest	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 5 minute brisk pace 5 minute cool-down</p>	<p>4</p> <p>1M or 15 min per day</p>
2	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 8 minute brisk pace 5 minute cool-down</p>	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 8 minute brisk pace 5 minute cool-down</p>	Rest	<p style="text-align: center;">Cross-Training</p>	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 8 minute brisk pace 5 minute cool-down</p>	Rest	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 8 minute brisk pace 5 minute cool-down</p>	<p>6</p> <p>1.5M or 18 min per day</p>
3	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 11 minute brisk pace 5 minute cool-down</p>	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 11 minute brisk pace 5 minute cool-down</p>	Rest	<p style="text-align: center;">Cross-Training</p>	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 11 minute brisk pace 5 minute cool-down</p>	Rest	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 11 minute brisk pace 5 minute cool-down</p>	<p>7</p> <p>1.75M or 21 min per day</p>
4	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 14 minute brisk pace 5 minute cool-down</p>	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 14 minute brisk pace 5 minute cool-down</p>	Rest	<p style="text-align: center;">Cross-Training</p>	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 14 minute brisk pace 5 minute cool-down</p>	Rest	<p style="text-align: center;">Walk</p> <p>5 minute warm-up 14 minute brisk pace 5 minute cool-down</p>	<p>8</p> <p>2M or 24 min per day</p>

5	<p>Walk</p> <p>5 minute warm-up 17 minute brisk pace 5 minute cool-down</p>	<p>Walk</p> <p>5 minute warm-up 17 minute brisk pace 5 minute cool-down</p>	Rest	Cross-Training	<p>Walk</p> <p>5 minute warm-up 17 minute brisk pace 5 minute cool-down</p>	Rest	<p>Walk</p> <p>5 minute warm-up 17 minute brisk pace 5 minute cool-down</p>	<p>9</p> <p>2.25M or 27 min per day</p>
6	<p>Walk</p> <p>5 minute warm-up 20 minute brisk pace 5 minute cool-down</p>	<p>Walk</p> <p>5 minute warm-up 20 minute brisk pace 5 minute cool-down</p>	Rest	Cross-Training	<p>Walk</p> <p>5 minute warm-up 20 minute brisk pace 5 minute cool-down</p>	Rest	<p>Walk</p> <p>5 minute warm-up 20 minute brisk pace 5 minute cool-down</p>	<p>10</p> <p>2.5M or 30 min per day</p>
7	<p>Walk</p> <p>5 minute warm-up 23 minute brisk pace 5 minute cool-down</p>	<p>Walk</p> <p>5 minute warm-up 23 minute brisk pace 5 minute cool-down</p>	Rest	Cross-Training	<p>Walk</p> <p>5 minute warm-up 23 minute brisk pace 5 minute cool-down</p>	Rest	<p>Walk</p> <p>5 minute warm-up 23 minute brisk pace 5 minute cool-down</p>	<p>11</p> <p>2.75M or 33 min per day</p>
8	<p>Walk</p> <p>5 minute warm-up 26 minute brisk pace 5 minute cool-down</p>	<p>Walk</p> <p>5 minute warm-up 26 minute brisk pace 5 minute cool-down</p>	Rest	Cross-Training	<p>Walk</p> <p>5 minute warm-up 26 minute brisk pace 5 minute cool-down</p>	Rest	<p>Walk</p> <p>5 minute warm-up 26 minute brisk pace 5 minute cool-down</p>	<p>13</p> <p>3.25M or 36 min per day</p>
9	<p>Walk</p> <p>3 miles</p> <p>Walk at a pace similar to walking up a long, gradual hill, bigger breaths are noticeable but it is still easy to have a conversation</p>	<p>Interval walk</p> <p>2 miles</p> <p>Warm up with an easy walk for 10 minutes. Now walk at a hard pace for 4 minutes. Recover by slowing pace for 2 minutes. Repeat 8 times. Cool down for 10 minutes.</p>	Rest	Cross-Training	<p>Walk</p> <p>3 miles</p> <p>Walk at a pace similar to walking up a long, gradual hill. Bigger breaths are noticeable but it is still easy to have a conversation</p>	Rest	<p>Long slow walk</p> <p>4 miles</p> <p>Should be done at a comfortable pace - heart rate and breathing has increased slightly and you are feeling a little warm. Conversation is easy.</p>	<p>13</p>

10	<p>Walk 3 miles</p> <p>Walk at a pace similar to walking up a long, gradual hill. Bigger breaths are noticeable but it is still easy to have a conversation.</p>	<p>Hill walk 2 miles</p> <p>In your walk include a hill(s). Walk hard to the top. The recovery is to walk down the hill or on flat ground to the next hill. Repeat the hill as many times as needed to cover today's mileage.</p>	Rest	Cross-Training	<p>Walk 3 miles</p> <p>Walk at a pace where sweating and increased heart rate are apparent. Sentences are shorter but still able to talk.</p>	Rest	<p>Long walk 4 miles</p> <p>This should be a comfortable pace - similar to walking up a long, gradual hill. Bigger breaths are noticeable but it is still easy to have a conversation.</p>	16
11	<p>Walk 4 miles</p> <p>Walk at a pace where sweating and increased heart rate are apparent. Sentences are shorter but still able to talk.</p>	<p>Interval walk 2 miles</p> <p>Warm up with an easy walk for 10 minutes. Now walk at a hard pace for 4 minutes. Recover by slowing pace for 2 minutes. Repeat 8 times. Cool down for 10 minutes.</p>	Rest	Cross-Training	<p>Walk 3 miles</p> <p>Walk at a pace where sweating and increased heart rate are apparent. Sentences are shorter but still able to talk.</p>	Rest	<p>Long walk 5 miles</p> <p>This should be a comfortable pace - similar to walking up a long, gradual hill. Bigger breaths are noticeable but it is still easy to have a conversation.</p>	15
12	<p>Walk 4 miles</p> <p>Walk at a pace where sweating and increased heart rate are apparent. Sentences are shorter but still able to talk.</p>	<p>Hill Walk 3 miles</p> <p>In your walk include a hill(s). Walk hard to the top. The recovery is to walk down the hill or on flat ground to the next hill. Repeat the hill as many times as needed to cover today's mileage.</p>	Rest	<p>Cross-Training</p> <p>Your choice of activity today! Get your heart rate up and stay active for about an hour!</p>	<p>Walk 4 miles</p> <p>Walk at a pace where sweating and increased heart rate are apparent, sentences are shorter but still able to talk.</p>	Rest	<p>Long walk 5 miles</p> <p>This should be a comfortable pace - similar to walking up a long, gradual hill. Bigger breaths are noticeable but it is still easy to have a conversation.</p>	18

13	<p>Walk 4 miles</p> <p>Walk at a pace where sweating and heart rate are apparent, bent elbows help increase your stride and speed. Sentences are shorter with big breaths in between.</p>	<p>Interval walk 2 miles</p> <p>Warm up with an easy walk for 10 minutes. Now walk at a hard pace for 2 minutes. Recover by slowing pace for 1 minutes. Repeat 8 times. Cool down for 10 minutes</p>	Rest	<p>Cross-Training</p> <p>Your choice of activity today! Get your heart rate up and stay active for about an hour!</p>	<p>Walk 4 miles</p> <p>Walk at a pace where sweating and heart rate are apparent, bent elbows help increase your stride and speed. Sentences are shorter with big breaths in between.</p>	Rest	<p>Long walk 6 miles</p> <p>This will be your expected race pace on the level and downhill. Sweating and increased heart rate are apparent. Sentences are shorter but still able to talk.</p>	17
14	<p>Walk 5 miles</p> <p>Sweating and an increased heart rate is apparent. Bent elbows help increase your stride and speed. Sentences are shorter with big breaths in between</p>	<p>Hill Walk 4 miles</p> <p>In your walk include a hill(s). Walk hard to the top. The recovery is to walk down the hill or on flat ground to the next hill. Repeat the hill as many times as needed to cover today's mileage.</p>	Rest	<p>Cross-Training</p> <p>Your choice of activity today! Get your heart rate up and stay active for about an hour!</p>	<p>Walk 5 miles</p> <p>Sweating and an increased heart rate are apparent. Bent elbows help increase your stride and speed. Sentences are shorter with big breaths in between</p>	Rest	<p>Race Pace Walk 6 miles</p> <p>This will be your expected race pace on the level and downhill. Sweating and increased heart rate are apparent. Sentences are shorter but still easy.</p>	21
15	<p>Walk 5 miles</p> <p>Walk at a pace where sweating and heart rate are apparent. Bent elbows help increase your stride and speed. Sentences are shorter with big breaths in between.</p>	<p>Interval walk 2.5 miles</p> <p>Warm up with an easy walk for 10 minutes. Now walk at a hard pace for 7 minutes. Recover by slowing pace for 3 minutes. Repeat 5 times. Cool down for 10 minutes.</p>	Rest	<p>Cross-Training</p> <p>Your choice of activity today! Get your heart rate up and stay active for about an hour!</p>	<p>Walk 5 miles</p> <p>Walk at your fastest pace possible. This is relatively high intensity. Fatigue sensations are apparent and you will feel "tired" at the end of this walk.</p>	Rest	<p>Race Pace Walk 7 miles</p> <p>This will be your expected race pace on the uphills. Walk at a pace where sweating and heart rate are apparent. Bent elbows help increase your stride and speed. Sentences are shorter with big breaths in between.</p>	19.5

16	<p>Walk 4 miles</p> <p>Walk at a pace where sweating and increased heart rate are apparent. Sentences are shorter but still able to talk.</p>	<p>Walk 3 miles</p> <p>Throughout the walk vary speeds from comfortable to fast. The intervals of fast should be short with full recovery between bursts.</p>	Rest	<p>Cross-Training</p> <p>Your choice of activity today! Get your heart rate up and stay active for about an hour!</p>	<p>Walk 3 miles</p> <p>This should be a comfortable pace - similar to walking up a long, gradual hill. Bigger breaths are noticeable but it is still easy to have a conversation.</p>	Rest	<p>Race Day!</p> <p>7.46 miles</p>	17.46
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Note: you will notice that weeks 1-8 are a different format than weeks 9-16! This is because the first 8 weeks are meant to prepare you for the following 8 weeks! Happy training!

For more training schedules and health and fitness resources, please visit www.stepupandgo.org!