



Walker Training Schedule

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest or walk 20 mins	25 min walk	Rest or walk 15 mins	15 min walk	Rest	30 min walk	Rest or walk
Week 2	Rest or walk 20 mins	25 min walk	Rest or walk 15 mins	15 min walk	Rest	35 min walk	Rest or walk
Week 3	Rest or walk 20 mins	25 min walk	Rest or walk 15 mins	20 min walk	Rest	40 min walk	Rest or walk
Week 4	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	20 min walk	Rest	40 min walk	Rest or walk
Week 5	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	25 min walk	Rest	45 min walk	Rest or walk
Week 6	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	25 min walk	Rest	45 min walk	Rest or walk
Week 7	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	30 min walk	Rest	50 min walk	Rest or walk
Week 8	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	30 min walk	Rest	50 min walk	Rest or walk
Week 9	Rest or walk 20 mins	20 min walk	Rest or walk 15 mins	20 min walk	Rest	Race Day!	Rest or walk

I have fought the good fight,
I have finished the race,
I have kept the faith.

2 Timothy 4:7

