

Grand Blue Mile

Walker Training Program



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Minute Walk	Rest Day	10 Minute Walk	Rest Day	10 Minute Walk	10 Minute Walk Or Rest Day	Rest Day
2	15 Minute Walk	Rest Day	15 Minute Walk	Rest Day	15 Minute Walk	15 Minute Walk Or Rest Day	Rest Day
3	20 Minute Walk	Rest Day	20 Minute Walk	Rest Day	20 Minute Walk	20 Minute Walk Or Rest Day	Rest Day
4	25 Minute Walk	Rest Day	25 Minute Walk	Rest Day	25 Minute Walk	25 Minute Walk Or Rest Day	Rest Day
5	30 Minute Walk	Rest Day	30 Minute Walk	Rest Day	30 Minute Walk	30 Minute Walk Or Rest Day	Rest Day
6	10-15 Minute Walk	Grand Blue Mile!	Rest Day				