

Training Programs

Consistency in training is essential to completing long-distance walks successfully and without injury. Establish a base and then increase your mileage each week. If you are a beginner, start with the 4-Week Basic Walk Program below. When you are able to walk at least one hour every other day, you can begin long distance training. We have provided an 18-Week Long Distance Training Program as well as an Accelerated 12-Week Program for those who may be new to walking but adhere to a regular fitness program.

The ultimate goal is to increase your total mileage safely. Adding miles to your distance each week does this. It's important to build rest days into your schedule to recharge your body and muscles. Speed is not an issue until you are able to walk each distance comfortably.

Each week may be altered to fit your schedule, but sticking to a schedule is important for optimum training. If you find one week is too difficult, repeat it before you progress.

The programs provided below are ideal plans and intended only as guides. If you can't fit all of this into your schedule, don't get discouraged and avoid training. Just do the best you can. It can be very helpful to find a walking buddy to train with. We encourage you to participate in our scheduled training walks we'll set up in the Spring and join a Heartland Borderwalk team! The main thing is to train as consistently as you can. Contact Us to find someone in your area who's training for the Heartland Borderwalk

Four Week Program for Beginners

Start a Walking Journal:

Keeping track of your weekly walking efforts will help you to maintain your schedule. Record your thoughts and any changes in your weight, waist size, energy level and your attitude!

Make a Habit of It:

Walk 5 days a week in order to build your endurance.

Week 1:

Start with a 15-minute walk, 5 days a week. Rest on day 3 and day 6 to allow your body time to recover. Weekly goal: 60-75 minutes.

Week 2:

Increase to 20 minutes a day, 5 days a week. You may add extra minutes on days prior to rest days. Weekly goal: 75-100 minutes.

Week 3:

Walk 30 minutes a day, 5 days a week. Weekly goal: 150 minutes.

Week 4:

Walk 45 minutes a day, 5 days a week. Weekly goal: 225 minutes.

Once you have mastered the Basic Walk Program, begin the 18-Week Long Distance Training Program. If you are already comfortable walking 5 miles at 3 to 4 mph, jump in at Week 3 or 4!

12 Week Accelerated Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Off	1	.5	1	Off	.5	1
Week 2	Off	1	1	1	Off	1	2
Week 3	Off	1	1.5	1	Off	1.5	2
Week 4	Off	2	1	2	Off	2	3
Week 5	Off	3	Off	3	Off	3	6
Week 6	Off	4	Off	3	Off	3	8
Week 7	Off	4	Off	4	Off	3	10
Week 8	Off	4	Off	4	Off	4	12
Week 9	Off	4	3	Off	3	6	10
Week 10	Off	4	Off	4	Off	4	15
Week 11	Off	4	Off	4	Off	8	10
Week 12	Off	3	3	Off	Heartland Border Walk for MS		

18 Week Long Distance Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Off	3	Off	3	Off	3	4
Week 2	Off	3	Off	4	Off	3	5
Week 3	Off	4	Off	4	Off	3	6
Week 4	Off	4	Off	4	Off	3	8
Week 5	Off	4	Off	4	Off	4	10
Week 6	Off	4	4	Off	3	4	8
Week 7	Off	4	Off	4	Off	4	12
Week 8	Off	4	4	Off	3	4	10
Week 9	Off	4	Off	4	Off	4	14
Week 10	Off	4	4	Off	3	4	12
Week 11	Off	4	Off	4	Off	4	16
Week 12	Off	4	5	Off	4	5	12
Week 13	Off	4	Off	4	Off	4	18
Week 14	Off	4	5	Off	4	6	12
Week 15	Off	4	Off	5	Off	4	20
Week 16	Off	4	5	Off	4	6	12
Week 17	Off	4	Off	4	Off	8	10
Week 18	Off	3	3	Off	Heartland Border Walk for MS		