

## **In Their Shoes Training Program**

This training plan is for those who have been walking on their own for several months and can do 3-4 miles several days a week. If some members are not yet comfortable with that level, have them walk for time the first 2-3 weeks, preferably 30 minutes minimum and working up to 50 minutes, four days a week.

### **Beginner walker's guidelines for training**

**Monday** — Rest Day. At least one day a week should be complete rest – however stretching or gentle yoga is fine on these days.

**Tuesday/Thursday** — Steady Pace Day. Walk at a comfortable pace, yet something that allows you to break a sweat and breathe somewhat hard. You should be able to hold a conversation with any walking partner you may have, but not be able to sing.

**Wednesday** — Cross Training Day. Doing some sort of Cross Training (**XT**) is recommended to prevent overuse injury and boredom. This may be using an elliptical machine, cycling (indoor or outdoor), taking a fitness class, dancing, playing tennis – whatever can get you active for 30-45 minutes. Intensity can vary according to fitness level.

**Friday** — Rest or Cross Train Day. Listen to your body on these days, and if it is too tired to do anything, take the day off.

**Saturday** — Distance Day. These days should have planned group walks scheduled for the recommended distances. These walks should be at a comfortable pace. Once you have made it half way through the training program, every other week will be a shorter distance walk – challenge your pace on these days.

**Sunday** — Active Recovery Day. Consider this day an active recovery day, with a lower intensity (EZ ) walk for 30-45 minutes, or the same time for lower intensity cross training (XT).

### **Intermediate Walker's Options**

**Tuesday** — Speed Intervals. Warm up for about 5 minutes before beginning intervals, and make sure to cool down for five minutes or so at the end.

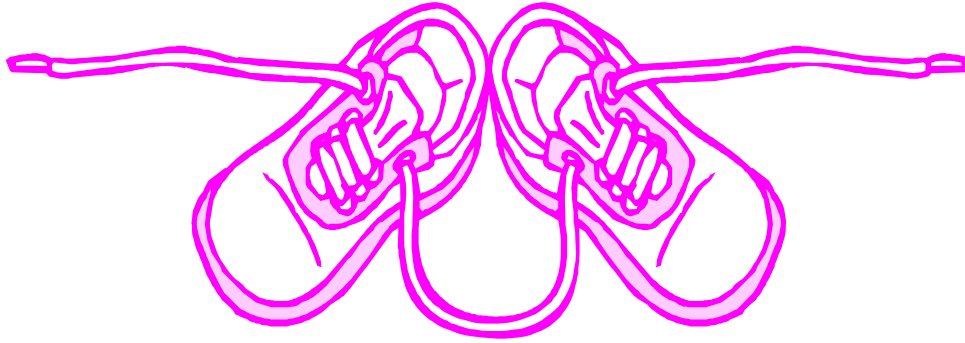
**Weeks 1-4** — Add in about five “spurts” of higher intensity walking during the walk of a distance that feel challenging, yet doable (i.e., to the end of this street, four mailboxes down)

**Weeks 5-10** — Focus more on timed intervals. Walking hard for one minute with two minutes slower recovery.

**Weeks 10-12** — Walk for two minutes hard with two minutes recovery.

**Weeks 12-14** — Go back to one minute hard — two minute rest.

**Thursday** — Tempo walk. Challenge your pace for the duration of the walk. Put it outside of your usual comfort zone, but not at the intensity where you cannot finish the mileage.



***It's Time to Put On Your Walking Shoes!***

**The 2009 In Their Shoes training walk schedule is as follows:**

<b><i>Wednesdays – 5:30 pm</i></b>	<b><i>Sundays – 7:30 am</i></b>
July 8 – 3 miles	July 12 – 3 miles
July 22 – 3 miles	July 26 – 4 miles
August 5 – 4 miles	August 9 – 4 miles
August 19 – 4 miles	August 23 – 5 miles
September 2 – 5 miles	September 6 – 6 miles
September 9 – 5 miles	September 13 – 6 miles
September 16 – 6 miles	September 20 – 8 miles
September 24 (Thursday) – 6 miles	September 27 – 8 miles
September 30 – 5 miles	October 4 – 10 miles
October 7 – 5 miles	October 11 – 6 miles

We meet in the parking lot located behind the  
**UGA's Office of Development at 394 South Milledge Avenue.**

Water stops will be provided along with advice on proper walking techniques, stretching, and injury prevention and care. We hope you will take advantage of these trainings sessions. Walkers of all paces are invited and encouraged to attend!

If anyone has questions or needs more information about the training walks,  
please feel free to contact me at 706-310-0839 or [tgilland@uga.edu](mailto:tgilland@uga.edu).

I hope to see you soon!

**Tammy Gilland**