



Put On Your Walking Shoes!
“In Their Shoes” Training Walks Sponsored by Academy Sports!

We are committed to making sure you are physically prepared for your 13.1-mile journey on November 20. This year, we are offering mid-week and weekend training walks. The mid-week walks are on Wednesdays at 5:30 pm and the weekend walks **are either on Saturday or Sunday mornings at 7:00 am**. 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! Water and door prizes are provided by Academy Sports.

The 2010 walking schedule is:

<i>Wednesdays – 5:30 pm</i>	<i>Saturdays – 7:00 am</i>	<i>Sundays – 7:00 am</i>
Sept. 8 – 3 miles	Sept. 11 – 5 miles	
Sept. 15 – 3 miles	UGA Home Game	Sept. 19 – 5 miles
Sept. 22 – 4 miles	Sept. 25 – 6 miles	
Sept. 29 – 4 miles	Oct. 2 – 6 miles	
Oct. 6 – 5 miles	UGA Home Game	Oct. 10 – 8 miles
Oct. 13 – 5 miles	UGA Home Game	Oct. 17 – 8 miles
Oct. 20 – 6 miles	Oct. 23 – 10 miles	
Oct. 27 – 6 miles	Oct. 30 – 10 miles	
Nov. 3 – 5 miles	UGA Home Game	Nov. 7 – 12 miles
Nov. 10 – 5 miles	Nov. 13 – 8 miles	
Nov. 17 – 4 miles	Nov. 20 – ITS!!!!	

If anyone has questions or needs more information about the training walks, please feel free to contact me.

I hope to see you soon!

Tammy Gilland
 706-310-0839 or tgilland@uga.edu.

In Their Shoes Training Program

The training plan below 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.