

**"WOMEN CAN RUN"  
10 WEEK WALKERS TRAINING PROGRAM**

- WEEK 1**                      **Light Stretching**  
**Warm-up: Walk 5 minutes**  
**Alternate: Walk rapidly 1 min. / Walk slowly 4 min. for 30 minutes**  
**Be comfortable / Check breathing**  
**Stretching**  
**3 days per week**
- WEEK 2**                      **Light Stretching**  
**Warm-up: Walk 5 minutes**  
**Alternate: Walk rapidly 2 min. / Walk slowly 3 min. for 30 minutes**  
**Be comfortable / Check breathing**  
**Stretching**  
**3 days per week**
- WEEK 3**                      **Light Stretching**  
**Warm-up: Walk 5 minutes**  
**Alternate: Walk rapidly 3 min. / Walk slowly 2 min. for 30 minutes**  
**Be comfortable / Check breathing**  
**Stretching**  
**3 days per week**
- WEEK 4**                      **Light Stretching**  
**Warm-up: Walk 5 minutes**  
**Alternate: Walk rapidly 4 min. / Walk slowly 1 min. for 30 minutes**  
**Cooldown: walk 2-5 minutes**  
**Stretching**  
**3 days per week**
- WEEK 5**                      **Light Stretching**  
**Warm-up: Walk 5 minutes**  
**Alternate: Walk rapidly 5 min. / Walk slowly 1 min. for 30 minutes**  
**Cooldown: walk 2-5 minutes**  
**Stretching**  
**3 days per week**
- WEEK 6**                      **Light Stretching**  
**Warm-up: Walk 5 minutes**  
**Alternate: Walk rapidly 6 min. / Walk slowly 2 min. for 32 minutes**  
**Cooldown: walk 2-5 minutes**  
**Stretching**  
**3 days per week**

<b>WEEK 7</b>	<b>Light Stretching</b> <b>Warm-up: Walk 5 minutes</b> <b>Alternate: Walk rapidly 7 min. / Walk slowly 3 min. for 30 minutes</b> <b>Cooldown: walk 2-5 minutes</b> <b>Stretching</b> <b>3 days per week</b>
<b>WEEK 8</b>	<b>Light Stretching</b> <b>Warm-up: Walk 5 minutes</b> <b>Alternate: Walk rapidly 8 min. / Walk slowly 2 min. for 30 minutes</b> <b>Cooldown: walk 2-5 minutes</b> <b>Stretching</b> <b>3 days per week</b>
<b>WEEK 9</b>	<b>Light Stretching</b> <b>Warm-up: Walk 5 minutes</b> <b>Alternate: Walk rapidly 9 min. / Walk slowly 1 min. for 30 minutes</b> <b>Cooldown: walk 2-5 minutes</b> <b>Stretching</b> <b>3 days per week</b>
<b>WEEK 10</b>	<b>Light Stretching</b> <b>Warm-up: Walk 5 minutes</b> <b>Walk rapidly for 30 minutes</b> <b>Cooldown: walk 2-5 minutes</b> <b>Stretching</b> <b>3 days per week</b>

Beginning with week 5, it would be a good idea to increase the amount of walking time by 5 minutes each week instead of the 30 minutes on at least one of the weekly workouts. It will take most walkers 45 minutes or longer to complete the graduation event which is a 5K or 3.1 miles.

At the end of 10 weeks you may want to concentrate on increasing your speed when walking by practicing race walking or power walking. You may also want to consider starting the beginning runners program if you have a desire to run.