

Training plan weeks 1-8 Walker

Mayo.ie
Western People
Women's
Mini Marathon



Week 1 Walker

Day	Action
Monday	Walk for 15mins
Tuesday	Rest
Wednesday	Walk for 15mins
Thursday	Rest
Friday	Walk for 15mins
Saturday	Rest
Sunday	Walk for 20mins



First work on increasing the time spent walking and improving your walking form. Speed comes later. Walk at an easy pace, aiming for a total of 60 to 70 minutes for the first week.



The within-week walks will provide the minimum recommended moderate aerobic exercise time each week just to maintain health. You may wish to also do light strength workouts on alternate days.



One day a week is a longer mileage-building day which will help you develop endurance and toughen your feet to prevent blisters.

Week 2 Walker

Day	Action
Monday	Walk for 20mins
Tuesday	Rest
Wednesday	Walk for 20mins
Thursday	Rest
Friday	Walk for 20mins
Saturday	Rest
Sunday	Walk for 25mins



Increase walking workout time to 20 minutes on four days per week



The fifth walking day is a mileage-building day with a walk of 25 minutes.



Focus on good walking posture and the correct use of foot strike, stride, push off and arm motion will boost your walking speed and fitness benefits.

Week 3 Walker

Day	Action
Monday	Walk for 25mins
Tuesday	Rest
Wednesday	Walk for 25mins
Thursday	Rest
Friday	Walk for 25mins
Saturday	Rest
Sunday	Walk for 35mins



Alternate rest days within the week, don't skip more than one day so you can develop consistency.



Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.



The fifth walking day is a mileage-building day with a walk of 35 minutes.

Week 4 Walker

Day	Action
Monday	Walk for 30mins
Tuesday	Rest
Wednesday	Walk for 30mins
Thursday	Rest
Friday	Walk for 30mins
Saturday	Rest
Sunday	Walk for 35mins



Alternate rest days within the week, don't skip more than one day so you can develop consistency.



Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.



The fifth walking day is a mileage-building day with a walk of 35 minutes.

Week 5 Walker

Day	Action
Monday	Walk for 35mins
Tuesday	Rest
Wednesday	Walk for 35mins
Thursday	Rest
Friday	Walk for 35mins
Saturday	Rest
Sunday	Walk for 45mins



Alternate rest days within the week, don't skip more than one day so you can develop consistency.



Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.



The fifth walking day is a mileage-building day with a walk of 45 minutes.

Week 6 Walker

Day	Action
Monday	Walk for 30mins
Tuesday	Rest
Wednesday	Walk for 30mins
Thursday	Rest
Friday	Walk for 30mins
Saturday	Rest
Sunday	Walk for 60mins



Alternate rest days within the week, don't skip more than one day so you can develop consistency.



Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.



The fifth walking day is a mileage-building day with a walk of 60 minutes.

Week 7 Walker

Day	Action
Monday	Walk for 35mins
Tuesday	Rest
Wednesday	Walk for 35mins
Thursday	Walk for 35mins
Friday	Walk for 35mins
Saturday	Rest
Sunday	Walk for 70mins



Starting this week we are adding a fourth walking day in order to increase the weekly mileage .



Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.



The fifth walking day is a mileage-building day with a walk of 60 minutes.

Week 8 Walker

Day	Action
Monday	Walk for 35mins
Tuesday	Rest
Wednesday	Walk for 35mins
Thursday	Walk for 35mins
Friday	Walk for 35mins
Saturday	Rest
Sunday	Walk for 80mins



This week we are adding a fifth walking day in order to increase the weekly mileage .



Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.



The fifth walking day is a mileage-building day with a walk of 80 minutes.