

# Walk this Way

## 13 Week Program—10 Km

Walking is an excellent form of exercise that will improve your cardiovascular and muscular fitness. Your goal for following the InTraining to Walk10K program should be to safely and comfortably complete a 10K at the end of 13 weeks. Your personal pace is entirely up to you, and you should, for the most part, be relaxed, steady, and able to carry on a conversation. Whether you are a beginner, or already an avid walker, the InTraining Walk10K Program will provide you with a comfortable progression of distances and change-of-pace to ensure your training is successful. You will have variety and flexibility within the program to progress according to your own level.

Even though walking is the most natural exercise you can do, building up your distance and pace will require good concentration, so remember, this is not a stroll; you'll have to reschedule stopping to feed the ducks!

<b>Week 1</b>	Session 1 44 min.	Warm-up: Walk slow & easy for 10 min. 3 min. brisk walk followed by 2 min. slow & easy recovery walk; 2 min. brisk walk - 2 min. recovery walk; 1 min. brisk walk - 2 min. recovery walk. Repeat this combination 2 times. Cool-down: Walk slow & easy for 10 min.
	Session 2 30 min.	Warm-up: Walk slow & easy for 5 min. Walk for 20 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 35 min.	Warm-up: Walk slow & easy for 5 min. Walk for 25 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** Congratulations! To make the decision to do the InTraining program was the first step; to have the first week under your belt is even better! You're on your way! Don't worry about how fast you walk. "Pace is personal". You should be at a comfortable talking pace during your warm-ups, warm downs and for all steady walks. For the change-of-pace intervals, your pace should be brisk, but still comfortable – just slightly faster than your talking pace.

<b>Week 2</b>	Session 1 40 min.	Warm-up: Walk slow & easy for 10 min. 2 min. brisk walk followed by 2 min. slow & easy recovery walk; Repeat this combination 5 times. Cool-down: Walk slow & easy for 10 min.
	Session 2 30 min.	Warm-up: Walk slow & easy for 5 min. Walk for 20 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 40 min.	Warm-up: Walk slow & easy for 5 min. Walk for 30 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** Change-of-pace (interval) walking is a combination of increased effort and recovery periods (in this case 2 minute efforts with 2 minute recoveries) in order to increase your body's capacity to carry oxygen to where it's needed and to improve your muscle endurance. The result will be to teach your body and mind to walk briskly, so that ultimately when you settle back down to your own personal (talking) pace you will be more comfortable and relaxed. The 2-minute efforts may seem long because you're not used to changing your pace. The key is to focus on your arm action. Use your torso to drive your arms forward and back, with a nice wide stride and a strong heel-toe action.

<b>Week 3</b>	Session 1 54 min.	Warm-up: Walk slow & easy for 15 min. 1 min. brisk walk followed by 2 min. slow & easy recovery walk; Repeat this combination 8 times. Cool-down: Walk slow & easy for 15 min.
	Session 2 40 min.	Warm-up: Walk slow & easy for 5 min. Walk for 30 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 50 min.	Warm-up: Walk slow & easy for 5 min. Walk for 40 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** Have fun with this session! One-minute efforts are easy to focus on, but be careful not to find yourself pushing too hard. Remember, you are training for a 10K, not a sprint. Your personal pace needs to remain brisk but comfortable, and when you finish the session, you should always feel as though you could have done more. By now it may have occurred to you that a sports watch, which can time minutes and seconds, would be very useful.

<b>Week 4</b> <b>Easy Recovery Week</b>	Session 1 40 min.	Easy Week. Warm-up: Walk slow & easy for 10 min. Easy 20 min. walk Cool-down: Walk slow & easy for 10 min.
	Session 2 30 min.	Warm-up: Walk slow & easy for 5 min. Walk for 20 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 40 min.	Warm-up: Walk slow & easy for 5 min. Walk for 30 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** You've already come a long way since Week 1, and your body needs a rest as we slowly build on your fitness level. Remember how unsure of yourself you were when you first tackled these change-of-pace intervals? You should be starting to understand your own comfort zone now and have more confidence with your brisk efforts. Enjoy a nice easy walk together, without change-of-pace intervals, and remember to keep it at a comfortable talking pace.

<b>Week 5</b>	Session 1 51 min.	Warm-up: Walk slow & easy for 15 min. 5 min. brisk walk followed by 2 min. slow & easy recovery walk; Repeat this combination 3 times. Cool-down: Walk slow & easy for 15 min.
	Session 2 40 min.	Warm-up: Walk slow & easy for 5 min. Walk for 30 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 50 min.	Warm-up: Walk slow & easy for 5 min. Walk for 40 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** To this point you have been finding your own natural rhythm as you work through your easy talking pace efforts and brisk efforts. It is now time to think more about your technique. Focus on keeping your body upright and relaxed, maintaining an efficient long stride length, with a strong heel-toe action. Remember that your arm action controls the pace.

<b>Week 6</b>	Session 1 66 min.	Warm-up: Walk slow & easy for 15 min. 3 min. brisk walk followed by 2 min. slow & easy recovery walk; 2 min. brisk walk followed by 2 min. slow & easy recovery walk; 1 min. brisk walk followed by 2 min. slow & easy recovery walk. Repeat this combination 3 times. Cool-down: Walk slow & easy for 15 min.
	Session 2 40 min.	Warm-up: Walk slow & easy for 5 min. Walk for 30 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 60 min.	Warm-up: Walk slow & easy for 5 min. Walk for 50 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** At this stage you may find you feel heaviness in your legs as both the volume and intensity in the program have been slowly increasing. This is normal! If you talk about it within your group you'll find you are not alone. Although you may feel a little tired, persevere through this and you'll feel better soon. Your body is constantly adjusting to its new workloads and a training effect is taking place. Remember to stay relaxed and maintain your personal talking pace by focusing on your arm action.

<b>Week 7</b> <b>Over Halfway!</b>	Session 1 Approx. 60 min. or 5K distance	Warm-up: Walk slow & easy for 5 min. 5K Walk Cool-down: Walk slow & easy for 5 min.
	Session 2 50 min.	Warm-up: Walk slow & easy for 5 min. Walk for 40 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 70 min.	Warm-up: Walk slow & easy for 5 min. Walk for 60 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** Congratulations! You are over halfway through the program, and you have learned so much about what your body can handle. If you're still feeling a sluggishness in your body, don't worry it'll soon subside. This is the week to begin to imagine yourself doing that 10K by testing yourself over the 5K distance. Mark out a reasonably accurate course. Your pace should feel comfortable, and after the 5K you'll wish you could just keep on going (but don't!). Relish in the fact that you KNOW you can go further. Carry that confidence forward to put the icing on the cake in your preparation these next few weeks, and save your strong effort for the Event Day itself.

<b>Week 8</b> <b>Easy Recovery Week</b>	Session 1 70 min.	Easy Week Warm-up: Walk slow & easy for 5 min. Walk for 60 minutes Cool-down: Walk slow & easy for 5 min.
	Session 2 30 min.	Warm-up: Walk slow & easy for 5 min. Walk for 20 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 40 min.	Warm-up: Walk slow & easy for 5 min. Walk for 30 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** You deserve a nice easy week of gentle steady walks. Volume is down and please do keep the pace comfortable. If you have any unusual aches or pains this is a good week to take a day or two off and perhaps do some cross training for a change. Remember to speak to your walk leader for advice.

<b>Week 9</b>	Session 1 80 min.	Warm-up: Walk slow & easy for 15 min. 5 min. brisk walk followed by 2 min. slow & easy recovery walk; 4 min. brisk walk - 2 min. recovery walk; 3 min. brisk walk - 2 min. recovery walk; 2 min. brisk walk - 2 min. recovery walk; 1 min. brisk walk - 2 min. recovery walk. Repeat this combination 2 times. Cool-down: Walk slow & easy for 15 min.
	Session 2 50 min.	Warm-up: Walk slow & easy for 5 min. Walk for 40 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 70 min.	Warm-up: Walk slow & easy for 5 min. Walk for 60 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** Back to work again! Remember, you are preparing for 10 kilometers. That means the volume has to gradually progress so that physically and mentally you are prepared for the distance. Doing intervals helps to pass the time, and the "ladder" interval session this week is mentally pleasant because although the time element decreases, your pace doesn't need to be faster; the goal is still to maintain a nice, even, brisk pace. Be confident, strong and relaxed.

<b>Week 10</b>	Session 1 80 min.	Warm-up: Walk slow & easy for 20 min. 2 min. brisk walk followed by 2 min. slow & easy recovery walk; Repeat this combination 10 times. Cool-down: Walk slow & easy for 20 min.
	Session 2 50 min.	Warm-up: Walk slow & easy for 5 min. Walk for 40 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 80 min.	Warm-up: Walk slow & easy for 5 min. Walk for 70 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** This is a big week as you maintain the increase in volume. This week you do the longest session, a steady 80 minutes on your own. You are ready for it! Rhythm is the key, maintained by focusing on a relaxed but brisk arm action. The 2-minute intervals in Session 1 will help pass the time, and more importantly, improve your muscular endurance as well as your body's capacity to carry oxygen. The result is that your personal talking pace will feel easier as you become more efficient. Just imagine how that 10K is going to feel in only a few more weeks!

<b>Week 11</b>	Session 1 Approx. 90 min.	Warm-up: Walk slow & easy for 15 min. Find a hill that has an incline of approximately 25 degrees; you do a 1 min. brisk walk uphill and walk back down the hill at a slow and easy recovery walk pace; Repeat this combination 8 times. Using the same hill, you will do a 30 second brisk walk uphill and walk back down the hill at a slow and easy recovery pace; Repeat this combination 8 times. NO HILL OPTION: 2 min. brisk walk followed by a 2 min. slow & easy recovery walk; Repeat this combination 6 times. 1 min. brisk walk followed by a 2 min slow & easy recovery walk; Repeat this combination 6 times. Cool-down: Walk slow & easy for 15 min.
	Session 2 50 min.	Warm-up: Walk slow & easy for 5 min. Walk for 40 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 70 min.	Warm-up: Walk slow & easy for 5 min. Walk for 60 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** You can feel such confidence in your preparation! Solid volume this week, and (oh joy!) hill training! If there are some good hills in your area, working on your technique will be helpful. Try to lean slightly into the hill, cut your stride (shorter, smaller, quicker) with a quicker short arm action and land more toward the balls of your feet. The most common mistake is to over stride on the uphill. Also important: Make sure you take it easy on the downhill recovery. Walking downhill is much tougher on all joints and muscles than walking uphill. If you have no hills in your area, then rest assured you are still working those hill-walking legs by repeating the suggested intervals. You can still utilize a quick short arm action, and try to pick those legs up as quickly as possible, especially in the second set of 1-minute intervals.

<b>Week 12</b> <b>Easy Recovery Week</b>	Session 1 90 min.	Warm-up: Walk slow & easy for 5 min. Walk for 80 minutes Cool-down: Walk slow & easy for 5 min.
	Session 2 50 min.	Warm-up: Walk slow & easy for 5 min. Walk for 40 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3 75 min.	Warm-up: Walk slow & easy for 5 min. Walk for 65 minutes Cool-down: Walk slow & easy for 5 min.

**Coaching Advice:** You're almost there! This is a very important week: Stay comfortable and relaxed, as you imagine yourself in the 10K on Event Day. You must really try to focus and concentrate on maintaining your talking-pace rhythm for these long steady walks. As always, you should feel like you could have done more.

Make sure you take good care of yourself this week with proper hydration, nutrition and rest. **Important!** Remember the temptation to test yourself over 10K. Have confidence in your preparation, and save your best for Event Day next week. If you feel you must know exactly how you are going, do only 8K, and leave yourself feeling great and wanting to do more.

<b>Week 13</b> <b>This is it!</b>	Session 1 44 min.	Warm-up: Walk slow & easy for 10 min. 3 min. brisk walk followed by 2 min. slow & easy recovery walk; 2 min. brisk walk - 2 min. recovery walk; 1 min. brisk walk - 2 min. recovery walk; Repeat this combination 2 times. Cool-down: Walk slow & easy for 10 min.
	Session 2 40 min.	Warm-up: Walk slow & easy for 5 min. Walk for 30 minutes Cool-down: Walk slow & easy for 5 min.
	Session 3	<b>Event Day 10K: Have fun and take care not to start out too quickly for yourself. Congratulations!</b>

**Coaching Advice:** You have come so far since Week # 1! Your interval session this week will feel easy and fun, the hard work is done! The change-of-pace is there just to loosen up your legs a bit and make your easy talking pace feel even easier. You deserve a nice easy week to allow your muscles and mind a full recovery so that you feel rested and ready on Event Day.

\* **Very Important:** For those clinics falling near the end of the week, please do not try to fit in Session 2 or 3 unless you have a good 48 hours before the Big Event.