



Flying Feather Walk Training Plan

DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Moderate/Hard		Moderate	Easy	Moderate	Easy	
WEEK 1	1 Mile	Cross-Train or Rest	2 Miles	30 min. Walk	2 Miles	2 Miles	Rest
	Moderate/Hard		Moderate	Easy	Moderate	Easy	
WEEK 2	1 Mile	Cross-Train or Rest	2 Miles	30 min. Walk	2 Miles	3 Miles	Rest
	Moderate/Hard		Moderate	Easy	Moderate	Easy	
WEEK 3	2 Miles	Cross-Train or Rest	3 Miles	30 min. Walk	2 Miles	4 Miles	Rest
	Moderate/Hard		Moderate	Easy	Moderate	Easy	
WEEK 4	2 Miles	Cross-Train or Rest	3 Miles	30 min. Walk	2 Miles	3 Miles	Rest
	Moderate/Hard		Moderate	Easy	Moderate	Easy	
WEEK 5	2 Miles	Cross-Train or Rest	4 Miles	30 min. Walk	2 Miles	4 Miles	Rest
	Moderate/Hard		Moderate	Easy	Moderate	Easy	
WEEK 6	2 Miles	Cross-Train or Rest	4 Miles	30 min. Walk	2 Miles	5 Miles	Rest
	Moderate/Hard		Moderate	Easy	Moderate	Easy	
WEEK 7	2 Miles	Cross-Train or Rest	3 Miles	30 min. Walk	2 Miles	3 Miles	Rest
	Moderate/Hard		Moderate	Hard!	Moderate	Easy	
WEEK 8	2 Miles	Cross-Train or Rest	2 Miles	RACE DAY :)	Rest	2 Miles	Rest

This program is designed to get an individual of any ability to the starting line. Before beginning any training regime please consult with your physician.

All workouts should consist a 5 minute warm-up and cool-down, which entails easy walking or followed by brief stretching.

Training intensity should vary throughout the week. Easy = 60-65% of your maximum; Moderate = 75-80% of your maximum; Hard = 85-95% of your maximum.

Questions? E-mail Coach Jeff with Fleet Feet & MIT! jeff@fleetfeetcolumbus.com