



Training for the GO! St. Louis®

Mature Mile Walk – 2010

Beginner Level Program

ADVANCED: Any individual able to walk 20 minutes at brisk pace.

GOAL: Perform the following training program to increase endurance and speed for a one-mile walk.

Each workout should include:

WARM-UP: Walk slowly for a few minutes

COOL DOWN: Stretch Gently

Recommended Schedule for Mature Mile: Advanced Level by Time:

| WEEK | FREQUENCY | DURATION |
|-----------------|-----------|-------------------------------|
| January 4 | 3 days | 12 minutes each day |
| January 11 | 3 days | 12 minutes each day |
| January 18 | 3 days | 12 minutes each day |
| January 25 | 3 days | 14 minutes each day |
| February 1 | 3 days | 14 minutes each day |
| February 8 | 4 days | 14 minutes each day |
| February 15 | 4 days | 16 minutes each day |
| February 22 | 4 days | 16 minutes each day |
| March 1 | 4 days | 18 minutes each day |
| March 8 | 4 days | 18 minutes each day |
| March 15 | 4 days | 20 minutes each day |
| March 22 | 4 days | 20 minutes each day |
| March 29 | 4 days | 22 minutes each day |
| April 5 | 2 days | 22 minutes each day |
| April 10 | | 18-30 minutes = 1 mile |

OR, by Distance... When walking outside, remember that 1 city block = 1/10 of a mile. Therefore, gradually increase the mileage so that by March 15 you can walk 10 city blocks!

STOP EXERCISING AND SEE YOUR DOCTOR IF YOU EXPERIENCE:

- Shortness of breath
- Chest pain
- Dizziness
- Excessive knee, ankle, or foot pain
- Nausea