



Training for the GO! St. Louis®

Mature Mile Walk – 2010

Beginner Level Program

BEGINNER: Any individual not able to walk briskly for 10 minutes without resting or being winded.

GOAL: Complete the following training program, and at the end of the program, walk one mile at a moderate pace.

Each workout should include:

WARM-UP: Walk slowly for a few minutes

COOL DOWN: Stretch Gently

Recommended Schedule for Mature Mile: Beginners Level by Time:

WEEK	FREQUENCY	DURATION
January 4	2 days	6 minutes each day
January 11	2 days	6 minutes each day
January 18	2 days	8 minutes each day
January 25	2 days	10 minutes each day
February 1	2 days	10 minutes each day
February 8	2 days	12 minutes each day
February 15	2 days	12 minutes each day
February 22	2 days	14 minutes each day
March 1	2 days	14 minutes each day
March 8	2 days	16 minutes each day
March 15	2 days	16 minutes each day
March 22	2 days	18 minutes each day
March 29	2 days	20 minutes each day
April 5	1 days	20 minutes each day
April 10: EVENT DAY		20-30 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