

Walking

Upping the ante

Training schedule (intermediate)



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross Training 30 mins	Rest day	Walk 3 miles slow pace	Walk 8 miles fast pace
2.	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross Training 40 mins	Rest day	Walk 4 miles fast pace	Walk 10 miles medium pace
3.	Walk 3 miles slow pace	Walk 4 miles fast pace	Walk 5 miles medium pace	Cross Training 50 mins	Rest day	Walk 3 miles fast pace	Walk 12 miles. Start slow then medium pace
4.	Walk 3 miles slow pace	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross Training 60 mins	Rest day	Walk 4 miles slow pace	Walk 10 miles fast pace
5.	Cross Training Easy	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross Training 60 mins	Rest day	Walk 3 miles fast pace	Walk 12 miles medium pace
6.	Cross Training Easy	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross Training 60 mins	Rest day	Walk 4 miles slow pace	Walk 15 miles. Start slow then medium pace
7.	Rest day	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross Training 60+ mins	Rest day	Walk 3 miles fast pace	Walk 10 miles medium pace







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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.	Cross Training Easy	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross Training 60+ mins	 Rest day	Walk 4 miles slow pace	Walk 18 miles. Start slow then medium pace
9.	 Rest day	Walk 5 miles medium pace	Walk 3 miles fast pace	Walk 5 miles medium pace	 Rest day	Walk 4 miles fast pace	Walk 10 miles medium pace
10.	Cross Training Easy	Walk 5 miles medium pace	Walk 3 miles fast pace	Walk 5 miles medium pace	 Rest day	Walk 3 miles slow pace	Walk 20 miles medium pace. ENJOY yourself

