

HEART & SOLE READY

WALKING PLAN

HOW IT WORKS:

3 WALKS PER WEEK TO BUILD ENDURANCE AND CONFIDENCE FOR RACE DAY

SHORT WALK: EASY PACE, COMFORTABLE EFFORT

PACE WALK: BRISK WALK (LIKE YOU'RE LATE FOR A MEETING)

LONG WALK: GRADUAL DISTANCE INCREASES TO REACH 5 MILES

CHECK OFF EACH WALK AS YOU COMPLETE IT!

Week	Walk 1 (Short)	Walk 2 (Pace)	Walk 3 (Long)	✓ Completed
1	1 mile	1 mile brisk	1.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	1.5 miles	1.5 miles brisk	2 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	1.5 miles	2 miles brisk	2.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	2 miles	2 miles brisk	3 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	2 miles	2.5 miles brisk	3.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6	2.5 miles	3 miles brisk	4 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	3 miles	3 miles brisk	4.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8	3 miles	3.5 miles brisk	5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9	3 miles	3 miles brisk	Heart & Sole	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

FINAL TIPS FOR SUCCESS:

- ✓ BE CONSISTENT! STICK TO THE SCHEDULE AND DON'T STRESS IF YOU MISS A DAY. JUST KEEP MOVING.
 - ✓ HYDRATE & FUEL PROPERLY! WATER + LIGHT SNACKS BEFORE LONG WALKS.
 - ✓ LISTEN TO YOUR BODY! IF YOU FEEL PAIN, REST AND ADJUST.
- ENJOY THE JOURNEY! YOU'RE TRAINING TO FINISH STRONG ON RACE DAY! 🏃🏆

WORKOUT ON BACK



HEART & SOLE READY

STRENGTH WORKOUT



10 squats



10 calf raises



10 squats



10 shoulder taps



5 push-ups



10 shoulder taps

DO THIS WORKOUT 2 DAYS PER WEEK.

LEVEL 1: 3 SETS
LEVEL 2: 5 SETS
LEVEL 3: 7 SETS