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	
2	1.5 miles	1.5 miles brisk	2 miles	
3	1.5 miles	2 miles brisk	2.5 miles	
4	2 miles	2 miles brisk	3 miles	
5	2 miles	2.5 miles brisk	3.5 miles	
6	2.5 miles	3 miles brisk	4 miles	
7	3 miles	3 miles brisk	4.5 miles	
8	3 miles	3.5 miles brisk	5 miles	
9	3 miles	3 miles brisk	Heart & Sole	

FINAL TIPS FOR SUCCESS:

✓ BE CONSISTENT! STICK TO THE SCHEDULE AND DON'T STRESS IF YOU MISS A DAY.

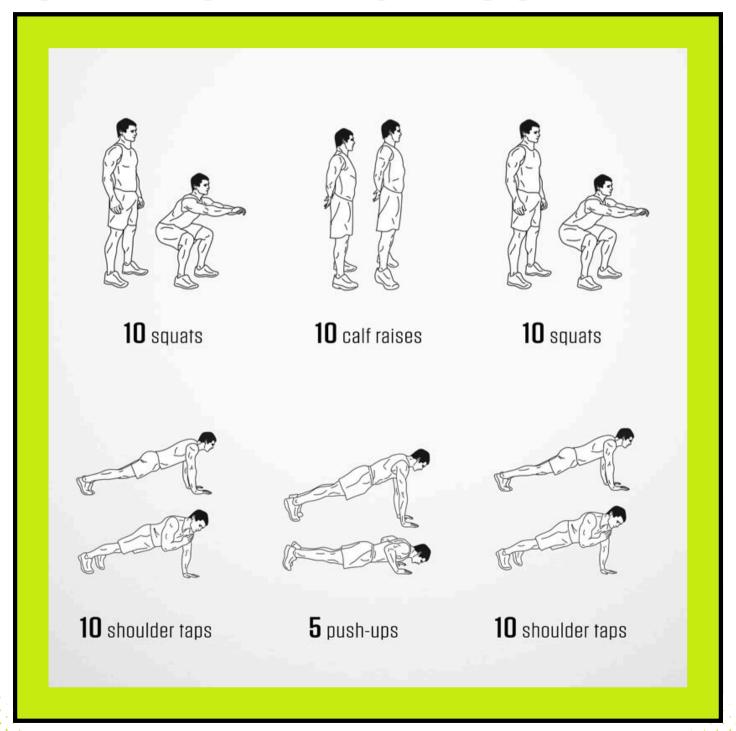
JUST KEEP MOVING. ✓ HYDRATE & FUEL PROPERLY! WATER + LIGHT SNACKS BEFORE

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!



HEART & SOLE READY STREAGH WORKOUT -



DO THIS WORKOUT 2 DAYS PER WEEK.

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