



## WALKERS TRAINING PROGRAM

**September 2, 2023 – November 18, 2023**

WK	DATE	SAT	SUN	MON	TUES	WED	THUR	FRI
1	9/2	3 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
2	9/9	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
3	9/16	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
4	9/23	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
5	9/30	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
6	10/7	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
7	10/14	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
8	10/21	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
9	10/28	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
10	11/4	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
11	11/11	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
12	11/18	6 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST

Midweek cross training helps balance your training by engaging different muscles. These workouts can be yoga, biking or weight training. Stretch after your workout when your muscles are warm to help your body recover.