



Senior 8-week 1 Mile Walk/Run Training Program

Find a flat sidewalk with light poles along it to do your distance workout on. Turns are fine, just look out for bumps or objects on the route. 1 mile equals approximately the distance between 20 poles.

Before you begin each workout do about 5-7 minutes of easy stretching and breathing exercises as described below as your warm-up.

Repeat after you have finished your distance workout for your cool-down.

Runners will run the distance between poles. Walkers will walk the distance between poles.

Week 1- Day 1- Start at Pole #1 and Walk to Pole #2 , turn around and walk back to start
Day 2- Rest
Day 3- Repeat Day 1
Day 4- Rest
Day 5- Repeat Day 1
Day 6- Repeat Day 1
Day 7- Rest

Week 2- Day 1- Start at Pole #1 and Walk to Pole #2
Days 2-7- Repeat the same schedule as Week #1

Week 3- Day 1- Start at Pole #1 and Walk to Pole #3
Days 2-7- Repeat the same schedule as Week #1

Week 4- Day 1- Start at Pole #1 and Walk to Pole #4
Days 2-7- Repeat the same schedule as Week #1

Week 5- Day 1- Start at Pole #1 and Walk to Pole #5
Days 2-7- Repeat the same schedule as Week #1

Week 6- Day 1- Start at Pole #1 and Walk to Pole #6
Days 2-7- Repeat the same schedule as Week #1

Week 7- Day 1- Start at Pole #1 and Walk to Pole #7
Days 2-7- Repeat the same schedule as Week #1

Week 8- Day 1- Start at Pole #1 and Walk to Pole #8
Days 2-7- Repeat the same schedule as Week #1

Race Day- 1 Mile!!

Warming up is exercising at a lower intensity in order to get the blood circulating and let your body know that you are preparing for exercise.

Cooling down is letting your body know it's time to relax and is the best time to get the most flexibility benefits from the stretching.

Whether you sit or stand while doing warm-up and cool-down exercises, proper posture is important. Sit up or stand up straight with your spine in a comfortable position, shoulders down and back and be sure not to hold your breath.

Breathing Exercises: performed sitting or standing

#1- Inhale for a count of 4 through your nostrils and then exhale for a count of 4 through your mouth. You can put your hands on both sides of your ribcage and feel it expand out with inhale and compress with exhale. Be sure to keep your shoulders down and don't let them crunch up.

#2- Start with your arms down next to your sides. Inhale for a count of 4 through your nostrils as you bring your arms up over your head and then exhale for a count of 4 through your mouth as bring your arms back down to your sides.

Stretching Exercises: performed sitting or standing

#1- Ankle Circles- Gently point your toe and rotate your foot around from the ankle. Do about 10 circles in each direction on each foot.

#2- Flex and Point your foot slowly pulling the toes toward you and then pointing away from you, about 10 times each foot.

#3- Arm Circles- Hold your arms out to the side parallel to the floor. Slowly make circles in your comfort range 10 times in one direction and then 10 times the other direction.

#4- Reaching up- Bring both arms up over your head. Alternate reaching upward about 10 times on each side.

#5- Side Stretches- Bring one arm up over your head and tip to the side so the arm extends over your ear. Hold for a few seconds and go to the other side. Alternate 3-4 times.

#6- Heel Raises- Stand holding onto a chair or wall if you need for balance. On 2 counts raise up to the balls of your feet and come back down on 2 counts, Don't Plop!

#7- Calf stretch- Step forward on one foot. Extend the other leg back behind you. Bend the knee of the front leg and push the heel of the back leg to the floor. Hold for about 15 secs. Longer if you can for the cool down.

Active Rest - two days per week

Rest days are built into your training schedule. **You must rest a minimum of one full day per week to allow your body to get stronger and prevent injury!** You may use 1-2 of your other rest days to cross train if you choose. This program is designed to prepare you to complete a 5K with 3 days per week of race-specific training.