

WEEK	MON	TUE	WED	THU	FRI	SAT	SUNDAY	TOTALS
1 8.25.08	Walk 15min Stretch	1500 steps	Walk 15min Stretch	15 min. X-train	Flex Day	Walk 15min Stretch	1500 steps	
Visit Fleet Feet for the YMCA/Brooks event!								
2 9.01.08	Walk 20min Stretch	2000 steps	Walk 15min Stretch	20 min. X-train	Flex Day	Walk 20min Stretch	2000 steps	
3 9.08.08	Walk 25min Stretch	2500 steps	Walk 25min Stretch	25 min. X-train Strength	Flex Day	Walk 25min Stretch	2500 steps	
4 9.15.08	Walk 30min Stretch	3000 steps	Walk 30min Stretch	30 min. X-train	Flex Day	Walk 30min Stretch	3000 steps	
5 9.22.08	Walk 35min Stretch	3500 steps	Walk 35min Stretch	35 min. X-train	Flex Day	Walk 35min Stretch	3500 steps	
6 9.29.08	Walk 40min Stretch	4000 steps	Walk 30min Stretch	25 min. X-train Strength	Flex Day	Walk 30min Stretch	30 TH Annual Harvest Fair 3K 8:10AM	

Post this schedule in a place you will see daily!!

This schedule is meant to be a guideline for physical activity you can add to what you are already doing in order to prepare to walk the Harvest Fair 3K (1.8miles) . On the back of this schedule you will find descriptions and definitions that will help guide you through this program. We hope to see you smiling as you cross the finish line and enjoying all the benefits of a healthier and more active lifestyle!

Training Descriptions and Definitions:

3K: 1.8 miles An average adult walks at 3.0 miles per hour. Many adults will walk 1.8 miles in about 35 - 40 minutes.

TIMED WORKOUTS: These workouts will be expressed in total time they will take you to complete. For the first three weeks of the Simple Steps Plan we encourage you to walk the total time continuously. During weeks 4 – 6 you may wish to split up your workout time and walk a portion of it at different times of the day to make it more manageable in your schedule.

STEPS: The total number of steps taken in one day can be a great way to measure how active you are. Wearing a pedometer is an easy way to keep track of the total number of steps you take. You can increase the number of steps you take throughout your day by parking farther away when going shopping, taking the stairs instead of the elevator, and by going for walks on your break at work. Pedometers are available for purchase at the YMCA. See pages 9-11 of your Simple Steps Quick Start Guide for activities converted to steps.

X-TRAIN (Cross-Training): A Cardiovascular workout other than walking. Examples of this are: Cycling, Elliptical, Swimming, Skating, and Rowing. Cross-training is a great way to increase your cardiovascular endurance and vary your routine!

STRETCH: Stretching may help to alleviate the soreness associated with working out and may also increase overall flexibility.
Ask a YMCA Fitness Coach for Simple Stretches to include in your workouts.

FLEX DAY: Physical and Mental flexibility are fundamental keys to successfully recovering from workouts and coping with a change in your schedule. Use Flex days to get in a much needed stretching routine (taking in a YMCA yoga class is a great addition to your normal routine) or use the Flex Day to do a workout you missed previously in the week.

TOTALS: Use this space to record your total physical activity for the week. By increasing your physical activity by about 10% per week you will not only see success, you are more likely to avoid injury.

Special Note: **This plan was developed for walking a 3K.**

If your goal is to run a 3K you may want to add segments of running to the overall plan. For example, try adding 1-2 minutes of running during each 5 minutes of walking. Using a Walk/Run method can be a very successful way to complete a 3K.

Please visit your physician prior to starting any new workout routine.

Walking at 3.0mph = 100 steps per minute

Walking one mile is approximately 1900 – 2400 steps

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1 8.25.08	Walk 25min Stretch	200 steps	Walk 25min Stretch	20 min. X-train	Flex Day	Walk 25min Stretch	2500 steps	
Visit Fleet Feet for the YMCA/Brooks event!								
2 9.01.08	Walk 30min Stretch	5000 steps	Walk 30min Stretch	30 min. X-train	Flex Day	Walk 30min Stretch	5000 steps	
3 9.08.08	Walk 40min Stretch	7500 steps	Walk 40min Stretch	30 min. X-train	Flex Day	Walk 40min Stretch	7500 steps	
4 9.15.08	Walk 50min Stretch	10000 steps	Walk 50min Stretch	30 min. X-train	Flex Day	Walk 50min Stretch	10000 steps	
5 9.22.08	Walk 60min Stretch	12500 steps	Walk 60min Stretch	30 min. X-train	Flex Day	Walk 60min Stretch	12500 steps	
6 9.29.08	Walk 60min Stretch	15000 steps	Walk 40min Stretch	30 min. X-train	Flex Day	Walk 20min Stretch	30 TH Annual Harvest Fair 10K 8:00AM	

Post this schedule in a place you will see daily!!

This schedule is meant to be a guideline for physical activity you can add to what you are already doing in order to prepare to walk either the Harvest Fair 3K (1.8miles) or 10K (6.2miles). On the back of this schedule you will find descriptions and definitions that will help guide you through this program. We hope to see you smiling as you cross the finish line and enjoy all the benefits of a healthier and more active lifestyle!

Training Descriptions and Definitions:

10K: 6.2 miles An Average Adult walks at 3.0 miles per hour. Many adults will walk 6.2 miles in about 2 hours & 10 minutes.

TIMED WORKOUTS: These workouts will be expressed in total time they will take you to complete. For the first three weeks of the Simple Steps Plan we encourage you to walk the total time continuously. During weeks 4 – 6 you may wish to split up your workout time and walk a portion of it at different times of the day to make it more manageable in your schedule.

STEPS: The total number of steps taken in one day can be a great way to measure how active you are. Wearing a pedometer is an easy way to keep track of the total number of steps you take. You can increase the number of steps you take throughout your day by parking farther away when going shopping, taking the stairs instead of the elevator, and by going for walks on your break at work. Pedometers are available for purchase at the YMCA. See pages 9-11 of your Simple Steps Quick Start Guide for activities converted to steps.

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FLEX DAY: Physical and Mental flexibility are fundamental keys to successfully recovering from workouts and coping with change in your schedule. Use Flex days to get in a much needed stretching routine (taking in a YMCA yoga class is a great addition to your normal routine). Or use the Flex Day to do a workout you missed previously in the week.

TOTALS: Use this space to record your total physical activity for the week. By increasing your physical activity by about 10% per week you will not only see success, you will more likely to avoid injury.

Special Note: **These plans were developed for walking a 10K for someone who has been walking regularly.**
Please visit your physician prior to starting any new workout routine.

It is not recommended for an individual to attempt to train to run a 10K in 6-weeks, if they have not been running previously.

Walking 3.0mph = 100 steps per minute

Walking one mile is approximately 1900 – 2400 steps