

CONCHATHON WALK TRAINING CALENDAR

	WEEK 1	WEEK 4	WEEK 7	WEEK 10
SUN		Walk 15-18 minutes	Walk 20 minutes	
MON				Walk 30 minutes
TUES	Walk continuously 15 minutes	Walk 18-20 minutes	Walk 25 minutes	Walk stairs or hills 5 minutes
WED				Walk 30 minutes
THUR	Walk 15 minutes	Walk 18-20 minutes	Walk 25 minutes	
FRI				Walk stairs or hills 5 minutes
SAT		Walk 20 minutes	Walk 25 minutes	Walk 30 mins.

	WEEK 2	WEEK 5	WEEK 8	WEEK 11
SUN	Walk 15 minutes		Walk 25-30 minutes	Walk stairs/hills 5min; walk 10 min.
MON		Walk 20 minutes		
TUES	Walk 15 minutes		Walk 25-30 minutes	Walk 30-35 minutes
WED		Walk 20 minutes		Walk stairs/hills 5-8 min.
THUR	Walk 15 minutes	Walk 20 minutes	Walk 25-30 minutes	Walk 30-35 minutes
FRI				
SAT		Walk 20 minutes	Walk 30 minutes	Walk stairs/hills 5 mins.; walk 10 mins.

	WEEK 3	WEEK 6	WEEK 9	WEEK 12
SUN	Walk 15-18 minutes	Walk 20-25 minutes	Walk 30 minutes	Walk 30-35 mins.
MON				
TUES	Walk 15-18 minutes	Walk 20-25 minutes	Walk stairs or hills 5-10 minutes, rest as needed	Walk 35 minutes
WED			Walk 20-25 minutes	Walk stairs/hills 5 mins.; rest 3 mins (2x)
THUR	Walk 15-18 minutes	Walk 20-25 minutes		
FRI			Walk stairs or hills 5-10 minutes, rest as needed	Walk 35 minutes
SAT	Walk 15-18 minutes	Walk 20 minutes	Walk 25-30 minutes	Walk 35 minutes

	WEEK 13	WEEK 16	WEEK 19	WEEK 22
SUN	Walk stairs/hills 8 mins; rest 3 (2x)	Walk 45-50 mins.	Walk stairs/hills 12-15 mins.	Walk 3 miles
MON	Walk 35 minutes	Walk 45-50 mins.	Walk 45 minutes	Walk stairs/hills 10 mins.; walk 2 miles
TUES				
WED	Walk stairs/hills 8 mins; walk 20 mins.		Walk stairs/hills 10-12 mins.; walk 15 mins	Walk 3 miles
THUR		Walk 35-40 mins.	Walk 50-60 mins	Walk stairs or hills 15 minutes
FRI	Walk 35-40 minutes	Walk 45-50 mins.		
SAT	Walk 35-40 minutes		Walk stairs 10 mins.; walk 20 mins.	Walk 3.5 miles

	WEEK 14	WEEK 17	WEEK 20	WEEK 23
SUN	Walk stairs/hills 10 mins; walk 10 mins	Walk 50 mins.	Walk 50-60 mins.	Walk stairs/hills 10 mins.; walk 2 miles
MON		Walk stairs/hills 8-10 mins; walk 25 mins.		
TUES	Walk 40 minutes		Walk stairs/hills 12-15 mins.	Walk 2 miles
WED	Walk stairs/hills 10 mins; walk 10 mins	Walk 50 mins.	Walk stairs/hills 10 mins.; walk 20-25 mins.	Walk stairs/hills 15 mins.;
THUR	Walk 40 minutes	Walk 50 mins.	Walk 50-60 mins.	Walk 3.5 miles
FRI				
SAT	Walk 40-45 minutes	Walk stairs/hills 12-15 minutes	Walk 60 mins.	Walk stairs/hills 10 mins.; walk 2 miles

	WEEK 15	WEEK 18	WEEK 21	WEEK 24
SUN	Walk stairs/hills 8 mins; walk 20 mins.	Walk 50-60 minutes	Walk 3 MILES	Walk 4 miles
MON			Walk stairs/hills 10 mins. Walk 1.5 miles	Walk stairs/hills 15 minutes
TUES	Walk 45 minutes	Walk stairs 10 mins; walk 25 mins.		Walk 2 miles
WED	Walk stairs/hills 12 -15 minutes	Walk 50-60 minutes	Walk 3 MILES	
THUR	Walk 45 minutes		Walk stairs/hills 12-15 mins	Walk stairs/hills 10 mins.; walk 2 miles
FRI		Walk stairs 10 mins; walk 25 mins.		
SAT	Walk stairs/hills 8-10 mins.; walk 20 mins.	Walk 50-60 minutes	Walk stairs/hills 10 mins. Walk 1.5 miles	Walk 4 miles

	WEEK 25	WEEK 28	WEEK 31	WEEK 34
SUN	Walk hills/stairs 10 mins.; walk 2.5 miles	Walk 4.5 miles	Walk hills/stairs 10 minutes; walk 5 miles	Walk 6 miles, rest as needed
MON			Walk 3 miles	
TUES	Walk 3 miles	Walk hills/stairs 15-20 minutes		Walk hills/stairs 20 mins.
WED	Walk hills/stairs 15 mins.; walk 2 miles	Walk hills/stairs 10-15 mins.; walk 2.5 miles	Walk hills/stairs 15 mins.; walk 3 miles	Walk 4 miles
THUR	Walk 4 miles	Walk 4.5 miles	Walk 4 miles	Walk hills/stairs 15-20 mins.; walk 3 miles
FRI				
SAT	Walk 4 miles	Walk hills/stairs 12-15 mins.; walk 3 miles	Walk hills/stairs 8-10 mins; walk 4 miles	Walk 5 miles

	WEEK 26	WEEK 29	WEEK 32	WEEK 35
SUN	Walk hills/stairs 15 mins.; walk 2 miles	Walk 5 miles	Walk 5 miles	Walk 5-6 miles over hilly course
MON	Walk hills/stairs 15-20 minutes	Walk hills/stairs 10 mins.; walk 1 miles	Walk hills/stairs 15 mins.; walk 2-3 miles	Walk 2 miles
TUES			Walk 4 miles	
WED	Walk 4 miles	Walk 4 miles		Walk hills/stairs 10 mins.; walk 3 miles
THUR	Walk 4 miles	Walk hills/stairs 15 mins.; walk 2 miles	Walk hills/stairs 15-20 mins.; walk 3 miles	Walk 4 miles
FRI	Walk hills/stairs 10 mins.; walk 2 miles		Walk 4.5 miles	
SAT	Walk 4 miles	Walk hills/stairs 15 mins.; walk 3 miles		Walk hills/stairs 10 mins.; walk 4 miles

	WEEK 27	WEEK 30	WEEK 33	WEEK 36
SUN	Walk 4.5 miles	Walk 5 miles	Walk hills/stairs 8-10 minutes; walk 4 miles	Walk 5-6 miles
MON		Walk hills/stairs 15-20 mins.	Walk 4 miles	
TUES	Walk hills/stairs 15-20 mins.		Walk hills/stairs 20 minutes	Walk 3-4 miles
WED	Walk hills/stairs 10-12 minutes; walk 2.5 miles	Walk hills/stairs 15 mins.; walk 3 miles		Walk hills/stairs 15 mins.; walk 2-3 miles
THUR	Walk 4 miles	Walk 4 miles	Walk 4 miles	Walk 4-5 miles
FRI			Walk hills/stairs 15 mins.; walk 3 miles	
SAT	Walk hills/stairs 10-12 minutes; walk 3 miles	Walk hills/stairs 15 mins.; walk 3 miles	Walk 4.5 miles	Walk hills/stairs 15-20 mins.; walk 3 miles

	WEEK 37	WEEK 40	WEEK 43	WEEK 46
SUN	Walk 6 miles	Walk 6-7 miles over hilly course	Walk 7-8 miles on hilly course; rest if needed	Walk 7-9 miles over hilly course
MON		Walk hills/stairs 25-30 minutes		
TUES	Walk hills/stairs 20-25 mins.	Walk 5 miles	Walk 4 miles	Walk hills/stairs 30 mins.
WED	Walk 4 miles		Walk hills/stairs 15 mins.; walk 4 miles	
THUR	Walk hills/stairs 15 mins.; Walk 4 miles	Walk hills/stairs 15 mins.; walk 4 miles	Walk hills/stairs 25-30 mins.	Walk 5-6 miles
FRI		Walk 5 miles	Walk 5 miles	
SAT	Walk hills/stairs 15 mins; walk 4.5 miles	Walk 6 miles	Walk hills/stairs 15 mins.; walk 4 miles	DO EVENT!

	Week 38	WEEK 41	WEEK 44	WEEK 47
SUN	Walk 6 miles over hilly course	Walk hills/stairs 15-20 mins.; walk 5 miles	Walk 7-8 miles over hilly course	
MON	Walk hills/stairs 10 mins.; walk 3 miles			
TUES		Walk 4 miles	Walk 5-6 miles	
WED	Walk 4 miles	Walk hills/stairs 25-30 mins.	Walk hills/stairs 30 mins.	
THUR	Walk hills/stairs 15 mins.; walk 3 miles	Walk hills/stairs 15 mins.; walk 4 miles	Walk hills/stairs 15-20 mins.; walk 3 miles	
FRI				
SAT	Walk hills/stairs 10 mins.; walk 4 miles	Walk hills/stairs 15 mins.; walk 4 miles	Walk 6-7 miles over hilly course	

	WEEK 39	WEEK 42	WEEK 45	WEEK 48
SUN	Walk 6 miles over hilly course	Walk 7 miles over hilly course	Walk 6-7 miles over hilly course	
MON		Walk 3 miles	Walk 4 miles	
TUES	Walk hills/stairs 20-25 mins.		Walk hills/stairs 25-30 mins.	
WED	Walk 5 miles	Walk hills/stairs 25-30 minutes	Walk hills/stairs 20 mins.; walk 4 miles	
THUR	Walk hills/stairs 10-25 mins.; walk 4 miles	Walk 5 miles		
FRI		Walk hills/stairs 20 mins.; walk 3-4 miles	Walk hills/stairs 20 mins; walk 5 miles	
SAT	Walk 5 miles			