



## WORKOUTS FOR WALKERS (ADVANCED)

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This workout is for walkers who are already easily conquering 2-3 miles at a brisk pace and want to improve their time and performance. Always check with your doctor before starting any new exercise program. If power walking causes you pain, stop your training and seek medical help.

Walking is a great way to get a great workout that's a little easier on the body. Here's a glossary of days to help you make the most of your training. See you at the finish line!

**INTERVAL TRAINING DAY** – *A day when you add variety to your walking workout. For example, you might walk at a fast pace for a while, then walk more slowly for awhile, and then pick back up with a fast pace again.*

**STRENGTH DAY:** *Lift weights or do body resistance exercises. Your muscles will help you finish strong and reduce the risk of injury.*

**REST DAY:** *You may be anxious to meet your goals, but it's important to give your body time to heal from the strain of hard training.*

**OPTION DAY:** *Choose an activity besides running or walking to empower different muscle groups – and to keep your workout fresh and interesting.*

*\*Missy Tip – Keep a journal of how far you walked, how long, and where. Tracking your progress will motivate you to keep trying to improve even more.*

### Week 1

#### Monday: **INTERVAL TRAINING DAY**

*Warm up a few minutes, stretch calves and hamstrings.*

- WALK: Easy for 2 minutes  
WALK: Briskly for 1 minute  
WALK: Easy for 1 minute  
WALK: Briskly for 1 ½ minutes  
WALK: Easy for 1 ½ minutes  
WALK: Briskly for 2 minutes  
Then slow down your pace for the next two minutes.
- Repeat the pattern in reverse order! Start with the 2-minute quick walk, slow down for 2 minutes, pick up the pace for 1 ½, etc.
- Now cool down by walking at an easy pace for 5 to 10 more minutes
- Stretch for 5 minutes.

#### Tuesday: **OPTION DAY**

*Take time off if you need a day of rest, or do a light workout combining curls, wall pushups, wall sits, overhead press, and flies. Do 3 sets of 12 each and 3 sets of 30 seconds with the wall sits.*

#### Wednesday

- Walk 20-40 minutes at a nice, steady pace. You should be able to talk while you walk. Stretch out Achilles and hamstrings afterwards.
- Do 10 slow arm circles and exaggerate them by incorporating your back/shoulder muscles too.

Thursday: **OPTION DAY**

- Try doing aerobic exercise for 6 minutes, such as stationary bike, treadmill, stepper etc., then do 3 minutes of weight lifting (bicep curls and triceps extensions), then go back to aerobic activity for 6 minutes.
- Do 2 different strength exercises for 3 minutes each (Abdomen curls and dips are great. So are wall pushups). Follow with 6 more minutes of easy of aerobic activity (even walking around house).
- Stretch 3-4 minutes. This makes a good 28-minute workout.

Friday: **REST DAY**

Saturday

- Add ½ mile to your walk and keep the same pace. If you need to do a shorter walk, just concentrate on keeping a good, quick pace.

Sunday: **OPTION DAY**

*A great day to play soccer with the kids, ride bikes, or take a short hike in one of our local parks.*

*\*Missy Tip - Experts say that five workouts a week will help weight come off more quickly. Two to three workouts a week will help you stay in shape.*

## Week 2

### Monday

- Spice up your training with a group exercise class like Covenant Health BodyWorks or 50Plus Fitness (list of class times and locations available at [www.covenanthealth.com](http://www.covenanthealth.com)). Don't worry if you can't keep up with every move. The main idea is to keep moving and enjoy new activities. Can't make it to class? Try a 30-minute or 1-hour fitness video.

### Tuesday

- If you did an exercise class yesterday, then go for a 30 minute walk today at a normal pace. Stretch a little afterward and do 3 sets of 10 wall pushups.

### Wednesday

- If you have walked 2-3 days in a row, *take the day off*. Do something good for yourself like spending an hour in your favorite bookstore or buying a new plant for the house or yard.

### Thursday: **STRENGTH DAY**

- Stretch a little, then do 3 sets of 10 bicep curls. Stretch, then do 3 sets of triceps extensions. Stretch, then do 3 sets of 10 mini squats.  
Next, 3 sets of 12 abdominal curls  
3 sets of bench press (or lie on the floor with your knees bent and push weights from side of shoulders to a position straight overhead and back).  
Next, stand by a chair and do 3 sets of 15 hamstring curls (lifting your heel toward your buttocks).  
Stretch more when you are done.

### Friday: **REST DAY**

- Take some time off - you deserve a day of rest!

### Saturday

- Ready to increase your longest walk again? Try adding a ½ mile or going a hillier route.

### Sunday: **OPTION DAY**

*\*Missy Tip - As I put more candles on my birthday cakes, I'm putting more miles on my bicycle! Bike riding is a great way to get an intense workout with less strain on the joints.*

## Week 3

### Monday: **INTERVAL TRAINING DAY**

- Try walking a normal pace for ½ mile or 6 minutes  
Pick up pace for a 1/2 mile or for 5 minutes. Ease off to normal pace for 1/2 mile  
Pick up the pace for next 1/2 mile  
Cool down.  
Stretch

### Tuesday: **OPTION DAY**

- There are plenty of exercise options these days. Try a good low impact aerobic class or yoga video, etc. Or try stretching in between 5 strength exercises - do 3 sets of 8 repetitions on each strength exercise then stretch 2 minutes between each.

Wednesday

- Your normal pace walk for 30-40 minutes. Then, do some wall pushups after the walk and stretch out.

Thursday

- If you missed Tuesday's workout then try it today.

Friday: **REST DAY**

Saturday:

- To stay motivated, try a different walking route with a friend.
- Walk 5 minutes longer than usual.
- Stretch 5 minutes afterwards.

Sunday: **OPTION DAY**

*Your choice - spend a little time catching up in your workout journal and write down a few goals you have.*

## Week 4

### Monday: **INTERVAL TRAINING DAY**

*The intervals will help boost up your energy output.*

WARM UP: Add some arm circles

WALK: Normal pace for 5 minutes

WALK: Alternate between walking fast for 30 seconds, and normal for one minute.

REPEAT: Repeat this pattern 6-8 times

COOL DOWN: 5-8 minutes of slow walking.

STRETCH: 5 minutes.

Tuesday:

- Easier workout for half hour. Follow an exercise program on TV or video.

Wednesday: **REST DAY**

Thursday:

- Circuit training (this is where you combine 3 or more different exercises) - you could walk around house 5 minutes, then do 5 minutes of stationary bike or step machine, then 5 minutes of weights or strength work. Repeat once more for a good 30-minute workout. Try to "push" yourself a little during the aerobic parts of the workout circuit.

Friday:

- 15-minute walk

Saturday:

- Long walk and try to push the middle 10 minutes of walk a little faster then back to your normal pace.

Sunday:

- Your choice

## Week 5

### Monday

- Walk a few minutes easy then walk 2 minutes at a good pace, then 2 minutes easier. Repeat this 4 times. If you are on a quarter mile track you could alternate easy lap with faster lap. Cool down easy for 5 minutes and stretch.

### Tuesday

- Try a good stretching tape or fitness class that is low impact and has a lot of flexibility exercises. We often forget to stretch, then pay for it later. It's better to stretch more after your muscles are warm than when they are cold.

### Wednesday

- Walk 30-35 minutes and then do 3 sets of 12 AB curls and 3 sets of wall pushups.

### Thursday:

- 20 minutes of calisthenics or weights

### Friday

- Off

### Saturday

- Add a little more to your longest walk. If you add more distance don't worry about the pace. This may be a good weekend to try a 3-mile hike.

### Sunday

- If you have gotten in 4 exercise days then take the day off. If you've done less, make up a workout today.

## Week 6

### Monday

- Go on your normal walk route, but walk the last half faster than first half. Do a good 5 minute stretch at the end.

### Tuesday: **STRENGTH DAY**

- Pick 3 upper body exercises and 2 lower body and abdominal exercises. Do 3 sets of 12 each. Repeat all again after the first circuit is completed.

### Wednesday:

- Today or tomorrow, time yourself on a mile again to see if you have improved. Try to walk the same track or route you did the first time you timed yourself on a mile. Record your time in your journal.

### Thursday:

- If you walked yesterday, just take 10-15 minutes to stretch today.

### Friday

- Walk an easy mile

Saturday: **REST DAY**

SUNDAY:

**BIG RACE DAY**

WARM UP: Walk/jog 5 minutes

STRETCH: 5 – 10 minutes

RACE: Don't go out too fast! Keep a steady pace, Stop to get water and stretch a little.

COOL DOWN: When you cross the finish line, walk a little and burn off some of that energy. Celebrate your accomplishment!

**GREAT JOB!!!**