



8-WEEK TRAINING PLAN



THIS TRAINING PLAN IS DESIGNED FOR WALKERS PLANNING TO COMPLETE THE 3 NAUTICAL MILE RACE ON AUGUST 28TH

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CROSS TRAIN 30 MINUTES	15 MINUTE WALK	CROSS TRAIN 30 MINUTES	15 MINUTE WALK	CROSS TRAIN 30 MINUTES	REST	30-60 MINUTE WALK
2	CROSS TRAIN 30 MINUTES	15 MINUTE WALK	CROSS TRAIN 30 MINUTES	15 MINUTE WALK	CROSS TRAIN 30 MINUTES	REST	35-60 MINUTE WALK
3	CROSS TRAIN 30 MINUTES	20 MINUTE WALK	CROSS TRAIN 30 MINUTES	20 MINUTE WALK	CROSS TRAIN 30 MINUTES	REST	40-60 MINUTE WALK
4	CROSS TRAIN 30 MINUTES	20 MINUTE WALK	CROSS TRAIN 30 MINUTES	20 MINUTE WALK	CROSS TRAIN 30 MINUTES	REST	45-60 MINUTE WALK
5	CROSS TRAIN 30 MINUTES	25 MINUTE WALK	CROSS TRAIN 30 MINUTES	25 MINUTE WALK	CROSS TRAIN 30 MINUTES	REST	50-60 MINUTE WALK
6	CROSS TRAIN 30 MINUTES	25 MINUTE WALK	CROSS TRAIN 30 MINUTES	25 MINUTE WALK	CROSS TRAIN 30 MINUTES	REST	55-60 MINUTE WALK
7	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	CROSS TRAIN 30 MINUTES	REST	60 MINUTE WALK
8	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	REST	REST	