



Training for the GO! St. Louis[®] Mature Mile Walk

Advanced Level Program

Advanced: Any individual able to walk 20 minutes at a brisk pace.

Goal: Perform the following training program to increase endurance and speed for a one-mile walk.

Each workout should include:

Warm-up: Walk slowly for a few minutes & **Cool Down:** Stretch Gently

Recommended Schedule for Mature Mile: Advanced Level **by Time:**

Week	Times per week	Time (minutes)
Week 1	3 days	12 minutes each day
Week 2	3 days	12 minutes each day
Week 3	3 days	12 minutes each day
Week 4	3 days	14 minutes each day
Week 5	4 days	14 minutes each day
Week 6	4 days	14 minutes each day
Week 7	4 days	16 minutes each day
Week 8	4 days	16 minutes each day
Week 9	4 days	18 minutes each day
Week 10	4 days	18 minutes each day
Week 11	4 days	20 minutes each day
Week 12	4 days	20 minutes each day
Week 13	4 days	22 minutes each day
Week 14	2 days	22 minutes each day
EVENT DAY		18 – 30 minutes = 1 mile

OR, by Distance... When walking outside, remember that 1 city block = 1/10 of a mile. Therefore, gradually increase the mileage so that by the day of the event you can walk 10 city blocks!

Stop exercising and see your doctor if you experience:

- Shortness of breath
- Chest pain
- Dizziness
- Excessive knee, ankle, or foot pain
- Nausea