



## Training for the GO! St. Louis<sup>®</sup> Mature Mile Walk

### Intermediate Level Program

**Intermediate:** Any individual able to walk 10-15 minutes at a brisk pace.

**Goal:** Perform the following training program to increase endurance and distance, and at the end of the program, walk one mile at a brisk pace.

Each workout should include:

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

### Recommended Schedule for Mature Mile: Intermediate Level by Time:

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

**OR, by Distance...** When walking outside, remember that 1 city block = 1/10 of a mile. Therefore, gradually build up 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
- Excessive knee, ankle, or foot pain
- Nausea
- Dizziness