

Training Program

16-WEEK



The Susan G. Komen 3-Day® is an endurance-type athletic event. The more prepared you are, the better experience you will have. This training program was designed for someone who can already walk 3 miles at a 3 mph pace without difficulty. It is only a guideline. If you cannot currently walk 3 miles then start with 1 mile, build up over the next 2 weeks to a 3-mile walk and then join the program. If you can walk much farther than 3 miles then you can skip down the program or wait until the program catches up with you. The key is to listen to your body. If you feel pain during or after a training session then you have done too much and should stop training and rest for a week. If things do not improve, seek medical advice from your primary care provider.

This training program is geared to increase cardiovascular fitness and muscular endurance over 16 weeks. Remember: this schedule is offered as a guideline. If you can't fit the entire walking schedule into your week, try to do as much as you can. The important thing is to increase your mileage safely. *Good luck and have fun!*

	REST MON	WALK (EASY) TUE	CROSS-TRAIN (MODERATE) WED	WALK (MODERATE) THURS	CROSS-TRAIN (MODERATE) FRI	WALK (EASY) SAT	WALK (EASY) SUN	TOTAL
16	REST	3 miles	0 min.	4 miles	30 min.	5 miles	3 miles	15
15	REST	3 miles	15 min.	5 miles	30 min.	6 miles	5 miles	19
14	REST	3 miles	15 min.	5 miles	30 min.	7 miles	6 miles	21
13	REST	3 miles	15 min.	5 miles	30 min.	8 miles	6 miles	22
12	REST	3 miles	15 min.	5 miles	30 min.	10 miles	6 miles	24
11	REST	4 miles	30 min.	5 miles	45 min.	6 miles	5 miles	20
10	REST	4 miles	30 min.	5 miles	45 min.	12 miles	9 miles	30
9	REST	4 miles	30 min.	5 miles	45 min.	14 miles	10 miles	33
8	REST	4 miles	30 min.	5 miles	45 min.	15 miles	11 miles	35
7	REST	5 miles	45 min.	6 miles	45 min.	17 miles	13 miles	41
6	REST	5 miles	45 min.	6 miles	45 min.	10 miles	6 miles	27
5	REST	5 miles	45 min.	6 miles	45 min.	18 miles	15 miles	44
4	REST	5 miles	45 min.	6 miles	45 min.	10 miles	8 miles	29
3	REST	6 miles	45 min.	6 miles	45 min.	18 miles	8 miles	38
2	REST	4 miles	45 min.	5 miles	45 min.	10 miles	8 miles	27
1	REST	5 miles	30 min.	REST	DAY 1	DAY 2	DAY 3	65

The health and training information provided here is meant to be used as a guideline. Before you begin any training plan, you'll want to consult with your doctor to go over your current physical condition and determine what you are able to undertake safely.

WALKING Nothing prepares you better for walking than walking. "Easy" walking is 2-3 miles an hour on flat surfaces and "Moderate" is 3-4 miles an hour including up and down hills. To fit long mileage into your schedule, you may divide it into two sessions per day.

CROSS-TRAINING Any activity that increases your heart rate and involves using your whole body qualifies as cross-training.