

New England Training Program

16-WEEK FOR 1-DAY WALKERS



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	REST MON	WALK (EASY) TUE	CROSS-TRAIN (MODERATE) WED	WALK (MODERATE) THURS	CROSS-TRAIN (MODERATE) FRI	WALK (EASY) SAT	WALK (EASY) SUN	TOTAL
16	5/6 REST	5/7 1 miles	5/8 0 min.	5/9 2 miles	5/10 30 min.	5/11 2 miles	5/12 3 miles	8
15	5/13 REST	5/14 1 miles	5/15 15 min.	5/16 2 miles	5/17 30 min.	5/18 3 miles	5/19 5 miles	10
14	5/20 REST	5/21 2 miles	5/22 15 min.	5/23 3 miles	5/24 30 min.	5/25 3 miles	5/26 6 miles	14
13	5/27 REST	5/28 2 miles	5/29 15 min.	5/30 3 miles	5/31 30 min.	6/1 4 miles	6/2 6 miles	15
12	6/3 REST	6/4 2 miles	6/5 15 min.	6/6 3 miles	6/7 30 min.	6/8 5 miles	6/9 5 miles	15
11	6/10 REST	6/11 2 miles	6/12 15 min.	6/13 3 miles	6/14 30 min.	6/15 6 miles	6/16 5 miles	16
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9	6/24 REST	6/25 2 miles	6/26 30 min.	6/27 3 miles	6/28 45 min.	6/29 6 miles	6/30 8 miles	19
8	7/1 REST	7/2 2 miles	7/3 30 min.	7/4 3 miles	7/5 45 min.	7/6 5 miles	7/7 10 miles	20
7	7/8 REST	7/9 2 miles	7/10 30 min.	7/11 3 miles	7/12 45 min.	7/13 10 miles	7/14 3 miles	18
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1	8/19 REST	8/20 2 miles	8/21 30 min.	8/22 3 miles	8/23 REST	8/24 REST	8/25 3-DAY	25

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Dallas/Fort Worth Training Program susan g. komen 3-Day®

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Presented by:
BANK OF AMERICA 

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10	8/26 REST	8/27 3 miles	8/28 15 min.	8/29 4 miles	8/30 30 min.	8/31 8 miles	9/1 6 miles	21
9	9/2 REST	9/3 3 miles	9/4 30 min.	9/5 4 miles	9/6 45 min.	9/7 9 miles	9/8 6 miles	22
8	9/9 REST	9/10 3 miles	9/11 30 min.	9/12 4 miles	9/13 45 min.	9/14 10 miles	9/15 7 miles	24
7	9/16 REST	9/17 4 miles	9/18 30 min.	9/19 4 miles	9/20 45 min.	9/21 11 miles	9/22 8 miles	27
6	9/23 REST	9/24 4 miles	9/25 30 min.	9/26 4 miles	9/27 45 min.	9/28 6 miles	9/29 4 miles	18
5	9/30 REST	10/1 4 miles	10/2 30 min.	10/3 4 miles	10/4 45 min.	10/5 12 miles	10/6 12 miles	32
4	10/7 REST	10/8 4 miles	10/9 30 min.	10/10 4 miles	10/11 45 min.	10/12 7 miles	10/13 6 miles	21
3	10/14 REST	10/15 4 miles	10/16 30 min.	10/17 4 miles	10/18 45 min.	10/19 12 miles	10/20 5 miles	25
2	10/21 REST	10/22 3 miles	10/23 30 min.	10/24 4 miles	10/25 45 min.	10/26 7 miles	10/27 5 miles	19
1	10/28 REST	10/29 4 miles	10/30 30 min.	10/31 REST	11/1 REST	11/2 3-DAY	11/3 3-DAY	44

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.

San Diego Training Program

16-WEEK FOR 2-DAY WALKERS



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 2 miles at a 2-3 mph pace without difficulty. It is only a guideline. If you cannot currently walk 2 miles then start with 1 mile, build up over the next two weeks to a 2-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	7/29 REST	7/30 2 miles	7/31 0 min.	8/1 3 miles	8/2 30 min.	8/3 3 miles	8/4 2 miles	10
15	8/5 REST	8/6 2 miles	8/7 15 min.	8/8 4 miles	8/9 30 min.	8/10 4 miles	8/11 3 miles	13
14	8/12 REST	8/13 2 miles	8/14 15 min.	8/15 4 miles	8/16 30 min.	8/17 5 miles	8/18 4 miles	15
13	8/19 REST	8/20 2 miles	8/21 15 min.	8/22 4 miles	8/23 30 min.	8/24 5 miles	8/25 4 miles	15
12	8/26 REST	8/27 2 miles	8/28 15 min.	8/29 4 miles	8/30 30 min.	8/31 6 miles	9/1 4 miles	16
11	9/2 REST	9/3 3 miles	9/4 15 min.	9/5 4 miles	9/6 30 min.	9/7 4 miles	9/8 3 miles	14
10	9/9 REST	9/10 3 miles	9/11 15 min.	9/12 4 miles	9/13 30 min.	9/14 8 miles	9/15 6 miles	21
9	9/16 REST	9/17 3 miles	9/18 30 min.	9/19 4 miles	9/20 45 min.	9/21 9 miles	9/22 6 miles	22
8	9/23 REST	9/24 3 miles	9/25 30 min.	9/26 4 miles	9/27 45 min.	9/28 10 miles	9/29 7 miles	24
7	9/30 REST	10/1 4 miles	10/2 30 min.	10/3 4 miles	10/4 45 min.	10/5 11 miles	10/6 8 miles	27
6	10/7 REST	10/8 4 miles	10/9 30 min.	10/10 4 miles	10/11 45 min.	10/12 6 miles	10/13 4 miles	18
5	10/14 REST	10/15 4 miles	10/16 30 min.	10/17 4 miles	10/18 45 min.	10/19 12 miles	10/20 12 miles	32
4	10/21 REST	10/22 4 miles	10/23 30 min.	10/24 4 miles	10/25 45 min.	10/26 7 miles	10/27 6 miles	21
3	10/28 REST	10/29 4 miles	10/30 30 min.	10/31 4 miles	11/1 45 min.	11/2 12 miles	11/3 5 miles	25
2	11/4 REST	11/5 3 miles	11/6 30 min.	11/7 4 miles	11/8 45 min.	11/9 7 miles	11/10 5 miles	19
1	11/11 REST	11/12 4 miles	11/13 30 min.	11/14 REST	11/15 REST	11/16 3-DAY	11/17 3-DAY	44

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.

New England Training Program

16-WEEK 3-DAY WALKERS



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	5/6 REST	5/7 3 miles	5/8 0 min.	5/9 4 miles	5/10 30 min.	5/11 5 miles	5/12 3 miles	15
15	5/13 REST	5/14 3 miles	5/15 15 min.	5/16 5 miles	5/17 30 min.	5/18 6 miles	5/19 5 miles	19
14	5/20 REST	5/21 3 miles	5/22 15 min.	5/23 5 miles	5/24 30 min.	5/25 7 miles	5/26 6 miles	21
13	5/27 REST	5/28 3 miles	5/29 15 min.	5/30 5 miles	5/31 30 min.	6/1 8 miles	6/2 6 miles	22
12	6/3 REST	6/4 3 miles	6/5 15 min.	6/6 5 miles	6/7 30 min.	6/8 10 miles	6/9 6 miles	24
11	6/10 REST	6/11 4 miles	6/12 30 min.	6/13 5 miles	6/14 45 min.	6/15 6 miles	6/16 5 miles	20
10	6/17 REST	6/18 4 miles	6/19 30 min.	6/20 5 miles	6/21 45 min.	6/22 12 miles	6/23 9 miles	30
9	6/24 REST	6/25 4 miles	6/26 30 min.	6/27 5 miles	6/28 45 min.	6/29 14 miles	6/30 10 miles	33
8	7/1 REST	7/2 4 miles	7/3 30 min.	7/4 5 miles	7/5 45 min.	7/6 15 miles	7/7 11 miles	35
7	7/8 REST	7/9 5 miles	7/10 45 min.	7/11 6 miles	7/12 45 min.	7/13 17 miles	7/14 13 miles	41
6	7/15 REST	7/16 5 miles	7/17 45 min.	7/18 6 miles	7/19 45 min.	7/20 10 miles	7/21 6 miles	27
5	7/22 REST	7/23 5 miles	7/24 45 min.	7/25 6 miles	7/26 45 min.	7/27 18 miles	7/28 15 miles	44
4	7/29 REST	7/30 5 miles	7/31 45 min.	8/1 6 miles	8/2 45 min.	8/3 10 miles	8/4 8 miles	29
3	8/5 REST	8/6 6 miles	8/7 45 min.	8/8 6 miles	8/9 45 min.	8/10 18 miles	8/11 8 miles	38
2	8/12 REST	8/13 4 miles	8/14 45 min.	8/15 5 miles	8/16 45 min.	8/17 10 miles	8/18 8 miles	27
1	8/19 REST	8/20 5 miles	8/21 30 min.	8/22 REST	8/23 DAY 1	8/24 DAY 2	8/25 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.

Denver Training Program



Presented by:
BANK OF AMERICA

16-WEEK FOR 3-DAY WALKERS

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	6/10 REST	6/11 3 miles	6/12 0 min.	6/13 4 miles	6/14 30 min.	6/15 5 miles	6/16 3 miles	15
15	6/17 REST	6/18 3 miles	6/19 15 min.	6/20 5 miles	6/21 30 min.	6/22 6 miles	6/23 5 miles	19
14	6/24 REST	6/25 3 miles	6/26 15 min.	6/27 5 miles	6/28 30 min.	6/29 7 miles	6/30 6 miles	21
13	7/1 REST	7/2 3 miles	7/3 15 min.	7/4 5 miles	7/5 30 min.	7/6 8 miles	7/7 6 miles	22
12	7/8 REST	7/9 3 miles	7/10 15 min.	7/11 5 miles	7/12 30 min.	7/13 10 miles	7/14 6 miles	24
11	7/15 REST	7/16 4 miles	7/17 15 min.	7/18 5 miles	7/19 30 min.	7/20 6 miles	7/21 5 miles	20
10	7/22 REST	7/23 4 miles	7/24 30 min.	7/25 5 miles	7/26 45 min.	7/27 12 miles	7/28 9 miles	30
9	7/29 REST	7/30 4 miles	7/31 30 min.	8/1 5 miles	8/2 45 min.	8/3 14 miles	8/4 10 miles	33
8	8/5 REST	8/6 4 miles	8/7 30 min.	8/8 5 miles	8/9 45 min.	8/10 15 miles	8/11 11 miles	35
7	8/12 REST	8/13 5 miles	8/14 45 min.	8/15 6 miles	8/16 45 min.	8/17 17 miles	8/18 13 miles	41
6	8/19 REST	8/20 5 miles	8/21 45 min.	8/22 6 miles	8/23 45 min.	8/24 10 miles	8/25 6 miles	27
5	8/26 REST	8/27 5 miles	8/28 45 min.	8/29 6 miles	8/30 45 min.	8/31 18 miles	9/1 15 miles	44
4	9/2 REST	9/3 5 miles	9/4 45 min.	9/5 6 miles	9/6 45 min.	9/7 10 miles	9/8 8 miles	29
3	9/9 REST	9/10 6 miles	9/11 45 min.	9/12 6 miles	9/13 45 min.	9/14 18 miles	9/15 8 miles	38
2	9/16 REST	9/17 4 miles	9/18 45 min.	9/19 5 miles	9/20 45 min.	9/21 10 miles	9/22 8 miles	27
1	9/23 REST	9/24 5 miles	9/25 30 min.	9/26 REST	9/27 DAY 1	9/28 DAY 2	9/29 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.

Dallas/Fort Worth Training Program



Presented by
BANK OF AMERICA

16-WEEK FOR 3-DAY WALKERS

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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	7/15 REST	7/16 3 miles	7/17 0 min.	7/18 4 miles	7/19 30 min.	7/20 5 miles	7/21 3 miles	15
15	7/22 REST	7/23 3 miles	7/24 15 min.	7/25 5 miles	7/26 30 min.	7/27 6 miles	7/28 5 miles	19
14	7/29 REST	7/30 3 miles	7/31 15 min.	8/1 5 miles	8/2 30 min.	8/3 7 miles	8/4 6 miles	21
13	8/5 REST	8/6 3 miles	8/7 15 min.	8/8 5 miles	8/9 30 min.	8/10 8 miles	8/11 6 miles	22
12	8/12 REST	8/13 3 miles	8/14 15 min.	8/15 5 miles	8/16 30 min.	8/17 10 miles	8/18 6 miles	24
11	8/19 REST	8/20 4 miles	8/21 15 min.	8/22 5 miles	8/23 30 min.	8/24 6 miles	8/25 5 miles	20
10	8/26 REST	8/27 4 miles	8/28 30 min.	8/29 5 miles	8/30 45 min.	8/31 12 miles	9/1 9 miles	30
9	9/2 REST	9/3 4 miles	9/4 30 min.	9/5 5 miles	9/6 45 min.	9/7 14 miles	9/8 10 miles	33
8	9/9 REST	9/10 4 miles	9/11 30 min.	9/12 5 miles	9/13 45 min.	9/14 15 miles	9/15 11 miles	35
7	9/16 REST	9/17 5 miles	9/18 45 min.	9/19 6 miles	9/20 45 min.	9/21 17 miles	9/22 13 miles	41
6	9/23 REST	9/24 5 miles	9/25 45 min.	9/26 6 miles	9/27 45 min.	9/28 10 miles	9/29 6 miles	27
5	9/30 REST	10/1 5 miles	10/2 45 min.	10/3 6 miles	10/4 45 min.	10/5 18 miles	10/6 15 miles	44
4	10/7 REST	10/8 5 miles	10/9 45 min.	10/10 6 miles	10/11 45 min.	10/12 10 miles	10/13 8 miles	29
3	10/14 REST	10/15 6 miles	10/16 45 min.	10/17 6 miles	10/18 45 min.	10/19 18 miles	10/20 8 miles	38
2	10/21 REST	10/22 4 miles	10/23 45 min.	10/24 5 miles	10/25 45 min.	10/26 10 miles	10/27 8 miles	27
1	10/28 REST	10/29 5 miles	10/30 30 min.	10/31 REST	11/1 DAY 1	11/2 DAY 2	11/3 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.

San Diego Training Program



16-WEEK FOR 3-DAY WALKERS

Presented by:
BANK OF AMERICA

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	WALK (EASY)	CROSS-TRAIN (MODERATE)	WALK (MODERATE)	CROSS-TRAIN (MODERATE)	WALK (EASY)	WALK (EASY)	TOTAL
	MON	TUE	WED	THURS	FRI	SAT	SUN	
16	7/29 REST	7/30 3 miles	7/31 0 min.	8/1 5 miles	8/2 30 min.	8/3 8 miles	8/4 6 miles	22
15	8/5 REST	8/6 3 miles	8/7 15 min.	8/8 5 miles	8/9 30 min.	8/10 10 miles	8/11 6 miles	24
14	8/12 REST	8/19 3 miles	8/14 15 min.	8/15 5 miles	8/16 30 min.	8/17 10 miles	8/18 6 miles	24
13	8/19 REST	8/20 3 miles	8/21 15 min.	8/22 5 miles	8/23 45 min.	8/24 11 miles	8/25 5 miles	24
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10	9/9 REST	9/10 4 miles	9/11 30 min.	9/12 5 miles	9/13 45 min.	9/14 14 miles	9/15 10 miles	33
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4	10/21 REST	10/22 5 miles	10/23 45 min.	10/24 6 miles	10/25 45 min.	10/26 10 miles	10/27 8 miles	29
3	10/28 REST	10/29 6 miles	10/30 45 min.	10/31 6 miles	11/1 45 min.	11/2 18 miles	11/3 8 miles	38
2	11/4 REST	11/5 4 miles	11/6 45 min.	11/7 5 miles	11/8 45 min.	11/9 10 miles	11/10 8 miles	27
1	11/11 REST	11/12 5 miles	11/13 30 min.	11/14 REST	11/15 DAY 1	11/16 DAY 2	11/17 DAY 3	65

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