

# New England Training Program

## 16-WEEK FOR 1-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 1 mile at a 2-3 mph pace without difficulty. It is only a guideline. If you cannot currently walk a mile then start with a half-mile and build up to a 1-mile walk and then join the program. If you can walk much farther than 1 mile 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.

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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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**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

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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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