

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

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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



Presented by: BANK OF AMERICA

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Dallas/Fort Worth Training Program



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San Diego Training Program



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