|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednes-day | Thursday | Friday | Saturday |
| Week 1  Dec 2 |  |  |  | Dead  Bugs  Walk  25 min  Post-walk stretches | Myrtls  DWarm  -ups  Walk  25 min  Post-walk stretches | Lower Body Strength  Foam  Roll | Myrtls  DWarm-ups  Walk  25 min  Post-walk stretches |
|  |  |  |  |  |  |  |  |
| Week 2  Dec  8 | Foam  Roll | Myrtls  Dynamic  Warm-ups  Walk  30 min  Post-walk stretches | Myrtls  DWarm-  ups  Walk  30 min  HIIT  Post-walk stretches | Dead  Bugs  Walk  30 min  Post-walk stretches | Myrtls  DWarm-ups  Walk  30 min  Post-walk stretches | Upper Body Strength  Foam  Roll | Myrtls  DWarm-ups  Walk  40 min  Post-walk stretches |
|  |  |  |  |  |  |  |  |
| Week 3  Dec  15 | Foam Roll | Myrtls  Dynamic  Warm-ups  Walk  30 min  Post-walk stretches | Myrtls  DWarm-  ups  Walk  30 min  HIIT  Post-walk stretches | Dead  Bugs  Walk  30 min  Post-walk stretches | Myrtls  DWarm-  ups  Walk  30 min  Post-walk stretches | Lower Body Strength  Foam  Roll | Myrtls  DWarm-ups  Walk  45 min  Post-walk Stretches |
|  |  |  |  |  |  |  |  |
| Week 4  Dec 22 | Foam Roll | Myrtls  DWarm-  ups  Walk  30 min  HIIT  Post-walk stretches | Myrtls  DWarm-  ups  Walk  30 min  Post-walk stretches | Dead  Bugs  **Christ-mas!**  Foam  Roll | Myrtls  DWarm-  ups  Walk  30 min  Post-walk stretches | Myrtls  DWarm-  ups  Walk  30 min  Post-walk stretches | Myrtls  DWarm-ups  Walk  60 min  Post-walk Stretches |
|  |  |  |  |  |  |  |  |
|  | Sunday | Monday | Tuesday | Wednsdy | Thursday |  |  |
|  |  |  |  |  |  |  |  |
| Week 5  Dec 29 | Foam  Roll | Myrtls  DWarm  -ups  Walk  20min at  80% race  pace  Post-walk Stretches | Myrtls  DWarm-ups  **DEC 31 WALK New Year’s EVE 5K**  Post-walk  Stretches  OR  Walk  20min at  80% race  pace  Post-walk Stretches | Myrtls  DWarm-ups  **Jan 1 WALK New Year’s DAY 5K**  Post-walk  Stretches  OR  Recover  30 min  walk  Foam  Roll | Recover  30 min  walk  Foam  Roll |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**1) Walks should be performed at moderately intense pace. A preceding warm-up can be added of about 5 minutes at easy pace, and an easy cool-down of about 5 minutes.**

2) HIIT: walk 3 min at moderate pace, followed by 3 minutes at moderate-to vigorous pace. Repeat this 3+3-minute cycle 5 times, for a total of 30 minutes.

2) **Dynamic warm-ups**: stretches that help increase joint flexibility

3) **STRENGTH**: design your own routines or see the RESOURCES page for suggestions

4) **MYRTL’s** are a set of movements that improve hip mobility; BEST performed before each walk session. Get at least one session/week done regardless of timing.

5) **DEAD BUGS** are core/abdominal exercises; do these or choose your own.

6) **Foam Rolling** is a type of self-massage that helps relieve tightness in soft tissue.

***7) See the RESOURCES page for descriptions/video demonstrations of above routines!***