



## SUMMER CHALLENGE IV: Walkers Series Sweep

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JULY 1</b>							1 JULY Walk!
<b>JULY 2-8</b>	2	3 Walk!	4	5 Walk!	6	7 Walk!	8 Walk!
<b>JULY 9-15</b>	9	10 Walk!	11	12 Walk!	13	14 Walk!	15 Walk!
<b>JULY 16-22</b>	16	17 Walk!	18	19 Walk!	20	21 Walk!	22 Walk!
<b>JULY 23-29</b>	23	24 Walk!	25	26 Walk!	27	28 Walk!	29 Walk!
<b>JULY 30- AUGUST 5</b>	30	31 Walk!	1 August	2 Walk!	3	4 Walk!	5 Walk!



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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AUGUST 6-12</b>	6	7 Walk!	8	9 Walk!	10	11 Walk!	12 Walk!
<b>AUGUST 13-19</b>	13	14 Walk!	15	16 Walk!	17	18 Walk!	19 Walk!
<b>AUGUST 20-26</b>	20	21 Walk!	22	23 Walk!	24	25 Walk!	26 Walk!
<b>AUGUST 27- SEPTEMBER 1</b>	27	28 Walk!	29	30 Walk!	31	1 Sep- tember Walk!	SERIES SWEEP!!!

### SUMMER CHALLENGE IV: WALKER SERIES SWEEP

Perform the High Intensity Interval Walk (HIIW) Protocol 4 of 7 days each week, July 1 - Sept 1

#### HIIW PROTOCOL:

Warm-up: 5 minutes easy walking

#### Cycle 1 High Intensity Interval Walking (HIIW)

First 3 minutes: walk at LEVEL 4 PACE (on a scale of 1-10 in intensity, 10 being highest intensity)

Next 3 minutes, walk at a harder, LEVEL 7 PACE

REPEAT Cycle 1 at least 4 more times (for a total of 5 or more cycles),  
to equal at least 30 minutes HIIW

Cool-down: 5 minutes easy walk!