|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednes-day | Thursday | Friday | Saturday |
| Week 1Dec 2 |   |   |  | Dead BugsWalk 25 min Post-walk stretches | MyrtlsDWarm-upsWalk 25 min Post-walk stretches | Lower Body StrengthFoamRoll | Myrtls DWarm-upsWalk 25 min Post-walk stretches |
|  |  |  |  |  |  |  |  |
| Week 2Dec 8 | FoamRoll | MyrtlsDynamicWarm-upsWalk 30 min Post-walk stretches | MyrtlsDWarm-upsWalk 30 minHIIT Post-walk stretches | DeadBugsWalk 30 min Post-walk stretches | MyrtlsDWarm-upsWalk 30 min Post-walk stretches  | Upper Body StrengthFoamRoll | MyrtlsDWarm-upsWalk 40 min Post-walk stretches  |
|  |  |  |  |  |  |  |  |
| Week 3Dec 15 | Foam Roll | MyrtlsDynamicWarm-upsWalk 30 min Post-walk stretches | MyrtlsDWarm-upsWalk 30 minHIIT Post-walk stretches | Dead BugsWalk 30 min Post-walk stretches | MyrtlsDWarm-upsWalk 30 min Post-walk stretches | Lower Body StrengthFoamRoll | MyrtlsDWarm-upsWalk 45 min Post-walk Stretches  |
|  |  |  |  |  |  |  |  |
| Week 4Dec 22 | Foam Roll | MyrtlsDWarm-upsWalk 30 minHIIT Post-walk stretches | MyrtlsDWarm-upsWalk 30 minPost-walk stretches | Dead Bugs**Christ-mas!**Foam Roll  | MyrtlsDWarm-upsWalk 30 min Post-walk stretches | MyrtlsDWarm-upsWalk 30 min Post-walk stretches | MyrtlsDWarm-upsWalk 60 min Post-walk Stretches   |
|  |  |  |  |  |  |  |  |
|  | Sunday | Monday | Tuesday | Wednsdy | Thursday |  |  |
|  |  |  |  |  |  |  |  |
| Week 5 Dec 29 | Foam Roll  | MyrtlsDWarm-upsWalk20min at80% racepace Post-walk Stretches |  MyrtlsDWarm-ups**DEC 31 WALK New Year’s EVE 5K**Post-walkStretchesOR Walk20min at80% racepace Post-walk Stretches  | MyrtlsDWarm-ups**Jan 1 WALK New Year’s DAY 5K**Post-walkStretchesORRecover30 min walkFoam Roll | Recover30 min walkFoam Roll |  |  |
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**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!***