



GMC 6-week Great Walks Training Schedule (weeks 1-6)

	MON	TUE	WED	THUR	FRI	SAT	SUN
WK #1	45 min moderate intensity walk on the flat.		45 min moderate intensity walk on undulating track surface.			60 min moderate intensity hill walk on a steeper track or trail.	30 min low intensity walk OR bike to stretch out any sore muscles.
WK #2	45 min moderate intensity walk on the flat.		45 min moderate intensity walk on undulating track surface.			90 min moderate intensity hill walk on a steeper track or trail.	30 min low intensity walk OR bike to stretch out any sore muscles.
WK #3	45 min moderate intensity walk on the flat.		60 min moderate intensity walk on undulating track surface.			2 hour moderate intensity hill walk on a steeper track or trail.	40 min low intensity walk OR bike to stretch out any sore muscles.
WK #4	60 min moderate intensity walk on the flat.		60 min moderate intensity walk on undulating track surface.			2.5 hour moderate intensity hill walk on a steeper track or trail.	40 min low intensity walk OR bike to stretch out any sore muscles.
WK #5	60 min moderate intensity walk on the flat.		75 min moderate intensity walk on undulating track surface.			3.5 hour moderate intensity hill walk on a steeper track or trail.	45 min low intensity walk OR bike to stretch out any sore muscles.
WK #6	60 min moderate intensity walk on the flat.		75 min moderate intensity walk on undulating track surface.			4 hour moderate intensity hill walk on a steeper track or trail.	45 min low intensity walk OR bike to stretch out any sore muscles.



Training schedule notes:

Please visit your GP for medical clearance before starting this schedule if you have unstable/ high blood pressure and/or any other medical condition(s) that can be contraindicated with exercise.

I have outlined exercise duration/ intensity + terrain for each walk. Please wear the footwear you will be wearing for your great walk during Wednesday + Saturday sessions. Gym shoes are fine to wear on Monday + Sunday sessions. Further explanations outlined below:

Moderate intensity: Puffy breathing, but you can still hold a conversation.

Low intensity: Breathing not noticeable, conversation like you are seated.

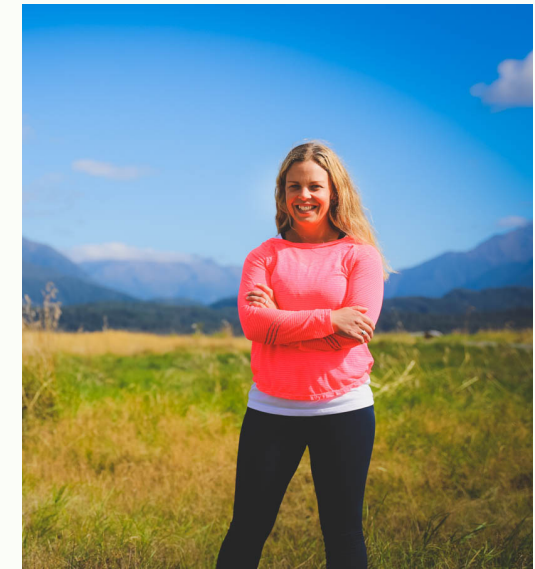
Undulating surface: A track that offers comfortable short uphill sections interspersed with flat/ downhill sections.

Hill walk: A track/ trail that has steep uphill sections that are extended for long periods.

Casey Brown (MPhEd)



GMC 6-week Great Walks Blank Training Schedule (weeks 7-12)



Your training notes:

	MON	TUE	WED	THUR	FRI	SAT	SUN
WK #7							
WK #8							
WK #9							
WK #10							
WK #11							
WK #12							