



Walk for a good cause: yourself.

This 8-week walking program is perfect if you're planning to walk 10 km at a local charity or fundraising event. Aim to walk at a pace that makes you breathe and sweat harder for the durations and distances listed below (aim for a pace of 10-15 minutes per kilometer). This program will have you clocking kilometers in no time.

10KM WALKING PROGRAM

WEEK	MON <i>Recovery</i>	TUE <i>Base Walk</i>	WED <i>Active Recovery</i>	THU <i>Base Walk</i>	FRI <i>Recovery</i>	SAT <i>Base Walk</i>	SUN <i>Long Walk</i>
1	Rest	30 min	Strength training or rest	30 min	Rest	30 min	50-75 min (5km)
2	Rest	35 min	Strength training or rest	35 min	Rest	35 min	60-90 min (6km)
3	Rest	40 min	Strength training or rest	40 min	Rest	40 min	70-105 min (7km)
4	Rest	45 min	Strength training	45 min	Rest	45 min	80 min-2 hr (8km)
5	Rest	50 min	Strength training	50 min	Rest	50 min	90-135 min (9km)
6	Rest	55 min	Strength training	55 min	Rest	55 min	100-150 min (10km)
7	Rest	60 min	Strength training	60 min	Rest	60 min	90-135 min (9 km)
8	Rest	40 min	Strength training	40 min	Rest	Rest	Race day!



This 8-week walking program is intended to guide those who are new to physical activity. Before starting any exercise program, consult a doctor or CSEP-certified exercise professional for advice.

