

Beginner, 12-week Progressive 1-Mile Health Walk or 5K Walk to Jog Program



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Geanie is a member of our volunteer planning committee and created this plan to help you reach your goal of participating in the *Copley Run for the Heart*.

It's time to start moving! Walking is an excellent form of exercise, especially for beginners or people returning to fitness after a long time off. This *Copley Run for the Heart* walking program will help you build enough endurance to safely and effectively increase the time that you walk over the course of 12-weeks. You can follow this heart-healthy walking program whether you walk on a treadmill, track, or other outdoor venue.

Getting Started!

Use the **FIT (FREQUENCY, INTENSITY & TIME) PRINCIPLES** for a safe and effective workout!

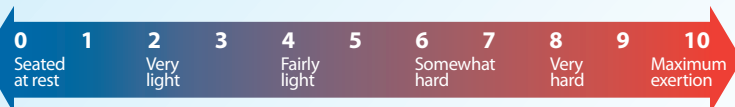
FREQUENCY: Try the walking workout listed three times each week, ideally with a day off between workouts to allow your body to recover. If a particular week's workouts feel too tiring for you, repeat that week again before moving ahead to the next week's workout. 5 times a week is recommended by the American College of Sports Medicine (ACSM) for maximal health benefits.

INTENSITY: Walk at a brisk—not leisurely—pace. Don't worry about your actual speed, but do pay attention to your overall intensity, aiming for 4-6 on a scale of 1-10 on the Intensity Scale below (known as Rate of Perceived Exertion or RPE).

Rate of Perceived Exertion (RPE)

10	Maximum Exertion	sprinting
9	Extremely Hard	fast run
8	Very Hard	moderate run
7	Hard (Heavy)	run
6	Somewhat Hard	jog
5	Less Hard	brisk walking
4	Fairly Light	easy walking
3	Light	strolling
2	Very Light	
1	Rest	

American Council on Exercise. 2003. *ACE Personal Trainer Manual, Third Edition*. San Diego: American Council on Exercise.



TIME: Try to follow the suggested guidelines to the best of your ability, which means that you'll walk 2-3 minutes more with each passing week.

- Remember, always warm up and cool down. Warming up at a slow pace will help prepare your joints, muscles and heart for exercise. Cooling down will prepare your body to return to a resting state, help prevent muscle soreness, and prevent illness and injury.
- It's ok to take a day off once a week or choose a day to cross train. Choose one of the lighter days (Sunday or Wednesday).
- A workable schedule example is Sunday off, and cross training on Wednesday. As a beginner you may want to get the walking habit down before you add cross training to your routine.
- Cross training is optional for this walking program.

It is natural to feel a little tired or have a few muscle aches when beginning a fitness program. Do not let this keep you from walking. On the other hand if you are in pain it may be prudent to take a day of rest. If the pain continues see a physician.

Notice: If you have any health concerns you should get your physician's approval prior to beginning a fitness program.

BEGINNER 1-Mile Health Walk OR 5K Walk to Jog Program

Week	Warm up	1-Mile Walk time	5K Walk/ Jog time	Cool down	RPE
1	5 min	5 min	5 min	5 min	
2	5 min	7 min	7 min	5 min	
3	5 min	8 min	8 min	5 min	
4	5 min	11 min	11 min	5 min	
5	5 min	13 min	13 min	5 min	
6	5 min	13 min	15 min	5 min	
7	5 min	15 min	18 min	5 min	
8	5 min	15 min	20 min	5 min	
9	5 min	18 min	30 min	5 min	
10	5 min	20 min	30 min	5 min	
11	5 min	22 min	35 min	5 min	
12	Repeat week 7 and on October 3 participate in the Copley Run for the Heart 5K Walk/Jog or 1-Mile Health Walk				

If you opt to jog you will increase your run time by one minute each week.

THE TALK TEST can also be used to establish exercise intensity at a moderate level. If you are working at an intensity that increases breathing rate but still allows you to speak without gasping for breath between words, you are likely exercising at a moderate intensity. The goal would be to exercise to the point at which speech would start to become more difficult. The Physical Activity Guidelines for Americans suggests that moderate-intensity activity allows you to talk but not to sing, whereas more vigorous activity results in an inability to say more than a few words without pausing for a breath.