

1-Mile wheelchair roll 8-week training plan

Work out explanations:

Cross training: Cross training can increase your fitness and help to prevent overtraining injuries. Pick a sport or activity you enjoy – mix it up! Swimming, stretching, group fitness classes and weight training are all great choices.

Rest: It is very important to incorporate rest days into your training. Workouts break the body down, rest builds it back up. However – resting does not mean that you should become a couch potato. Even rest days should include some light physical activity or mobility exercises.

A note on intensity: Don't just go all out! Speed will vary for different intensities for different people! And that's OK. Embrace where you are! Find your pace and be consistent. Times will improve with, well, time.

Low Intensity: Shoot for about 30% of what you think your top speed will feel like. Think about your breathing, could you sing? You are at a mild intensity.

Moderate intensity: Once again, *moderate intensity*. Shoot for about 50% of what you think your top speed will feel like. Think about your breathing, could you talk in short sentences before needing to take a breath? If so, you're at a moderate intensity.

Vigorous intensity: Shoot for about 80% of what you think your top speed will feel like. You won't be talking to anyone at this pace!

Consider finding a high school or college track nearby, a standard track will be flat and a consistent distance- 4 laps around a standard track equals 1 mile! Beginning week 3, distances will be given using laps, meaning laps around a standard running track.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>1</u>	Easy roll up and down the street. Make sure your chair is working well! You don't want things to break down far	Light intensity active recovery day! Do some light stretching, work on some mobility!	Cross Training Consider enrolling in an exercise or yoga class, or following along with virtual resources.	Rest	Low-intensity roll up and down the street	Moderate-intensity roll around the block. First of the weekend rolls!	Rest

	from home.						
<u>2</u>	Low-intensity roll up and down the street.	Light intensity active recovery day! Do some light stretching, work on some mobility!	Cross Training	Rest	Low-Intensity roll around the block.	Moderate-Intensity roll around the block.	Rest
<u>3</u>	Low-intensity roll around the track. 1 lap or .25 miles	Light intensity active recovery day! Do some light stretching, work on some mobility!	Cross Training	Rest	Low-intensity roll around the track. 1 lap or .25 miles	Moderate-intensity roll around the track. 2 laps or .5 miles.	Rest
<u>4</u>	Low-intensity roll around the track. 1 lap or .25 miles	Light intensity active recovery day! Do some light stretching, work on some mobility!	Cross Training	Rest	Low-intensity roll around the track. 1 lap or .25 miles	Moderate-intensity roll around the track. 2 laps or .5 miles.	Rest
<u>5</u>	Low-intensity roll around the track. 2 laps or .5 miles	Light intensity active recovery day! Do some light stretching, work on some mobility!	Cross Training	Rest	Low-intensity roll around the track. 1 lap or .25 miles	Moderate-intensity roll around the track. 3 laps or .75 miles.	Rest
<u>6</u>	Low-intensity roll around the track. 1 lap or .25 miles	Light intensity active recovery day! Do some light stretching, work on some mobility!	Cross Training	Rest	Low-intensity roll around the track. 1 lap or .25 miles	Moderate-intensity roll around the track. 2 laps or .5 miles.	Rest
<u>7</u>	Low-intensity roll around the track.	Light intensity active recovery day!	Cross Training	Rest	Low-intensity roll around the track.	Moderate-intensity roll around the track.	Rest

	2 laps or .5 miles	Do some light stretching, work on some mobility!			1 lap or .25 miles	3 laps or .75 miles.	
<u>8</u>	Low-intensity roll around the track. 3 laps or .75 miles	Light intensity active recovery day! Do some light stretching, work on some mobility!	Cross Training	Rest	Low-intensity roll around the track. 2 laps or .5 miles	Moderate-intensity roll around the track. 4 laps or 1 mile!	Rest