

Be Well Utah Walk, Run, & Roll

You can get ready to participate in the **1 mile walk** by following this simple 8-week plan.

The best approach in training for a walking event is to ***gradually increase the time*** you spend walking *before* you try to increase your speed. Increase your walking time week to week.

You can set a goal to walk 1 mile in about 30-45 minutes.

University of Utah strongly recommends that you consult with your physician before beginning any exercise program. You should understand that when participating in any exercise, run or race program, that there is the possibility of physical injury. If you engage in this exercise, run or race program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the University of Utah from any and all claims or causes of action, known or unknown.

1 Mile Walk - Training Schedule for Beginners

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Goal: 50 min total	Walk 10 min	Walk 10 min	Rest	Walk 10 min	Walk 10 min	Walk 10 min	Rest
Goal: 75 min total	Walk 15 min	Walk 15 min	Rest	Walk 15 min	Walk 15 min	Walk 15 min	Rest
Goal: 100 min total	Walk 20 min	Walk 20 min	Rest	Walk 20 min	Walk 20 min	Walk 20 min	Rest
Add one longer day G: 110 min	Walk 20 min	Walk 20 min	Rest	Walk 20 min	Walk 20 min	Longer Day Walk 30 min	Rest
Add one longer day G: 135 min	Walk 25 min	Walk 25 min	Rest	Walk 25 min	Walk 25 min	Longer Day Walk 35 min	Rest
Add one longer day G: 160 min	Walk 30 min	Walk 30 min	Rest	Walk 30 min	Walk 30 min	Longer Day Walk 40 min	Rest
Add intervals of faster walking 160 min total	Walk 30 min alternate 1 min fast 2 at regular pace	Walk 30 min alternate 1 min fast 2 at regular pace	Rest	Walk 30 min alternate 1 min fast 2 at regular pace	Walk 30 min alternate 1 min fast 2 at regular pace	Longer Day Walk 40 min at regular pace	Rest
Add intervals of faster walking 160 min total	Walk 30 min alternate 1 min fast 2 at regular pace	Walk 30 min alternate 1 min fast 2 at regular pace	Rest	Walk 30 min alternate 1 min fast 2 at regular pace	Walk 30 min at regular pace	Day of Event! 1 Mile Walk 😊	Rest

Remember to:

- ❖ **Wear good shoes** with arch support.
- ❖ **Stretch your legs** –especially calves and shins- *before and after* walking to avoid cramping and the feeling of “shin splints”.
- ❖ **Warm up** before going too fast. Walk at an easy pace for 5-10 minutes and then speed up to a brisk pace.
 - A brisk pace means: *“I’m a little out of breath, but can still carry on a conversation.”*
- ❖ **Stay hydrated!**

Tips for Avoiding Shin Splints:

<https://www.verywellfit.com/how-to-prevent-and-treat-shin-splints-3432863>

How to Prevent Blisters:

<https://www.verywellfit.com/blisters-begone-seven-strategies-to-prevent-blisters-3432491>

Stretches for Shin Splints:



redefiningstrength.com