



26.2 mile event
(Day 1, 13.1 mi - Day 2, 13.1 mi)

Avon Walk for Breast Cancer: Training program

20 WEEKS

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total mileage
Week 1	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 3 mi	Endurance Walk 3 mi	13
2	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 3 mi	Endurance Walk 3 mi	13
3	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 3 mi	Endurance Walk 3 mi	13
4	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 4 mi	Endurance Walk 4 mi	15
5	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 4 mi	Endurance Walk 4 mi	15
6	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 5 mi	Endurance Walk 5 mi	17
7	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 5 mi	Endurance Walk 5 mi	17
8	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 6 mi	Endurance Walk 6 mi	19
9	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 6 mi	Endurance Walk 6 mi	19
10	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 7 mi	Endurance Walk 7 mi	22
11	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 3 mi	Endurance Walk 3 mi	14
12	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 8 mi	Endurance Walk 8 mi	26



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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total mileage
Week 13	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 9 mi	Endurance Walk 9 mi	28
14	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 4 mi	Endurance Walk 4 mi	18
15	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 9 mi	Endurance Walk 9 mi	28
16	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 5 mi	Endurance Walk 5 mi	25
17	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 10 mi	Endurance Walk 10 mi	30
18	Recovery Walk 30 min	Moderate 4 mi	x-train 20 min	Moderate 3 mi	x-train 20 min	Endurance Walk 5 mi	Endurance Walk 5 mi	19
19	Recovery Walk 30 min	Moderate 3 mi	x-train 20 min	Moderate 3 mi	x-train 20 min	Endurance Walk 3 mi	Endurance Walk 3 mi	14
20	Recovery Walk 15 min	Moderate 2 mi	rest	Moderate 2 mi	rest	Avon Walk for Breast Cancer	Avon Walk for Breast Cancer	

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Training definitions

For the first 5-10 minutes of each walk, stroll at an easy pace (an intensity of 3 on a scale of 1 to 10 with 1 being sitting on the couch and 10 being an all-out sprint) to warm up. Cool down by slowing your pace for the final 5 minutes.

Recovery Walk: Walk at slightly faster pace than a warm-up (an intensity of 4). This helps you work out any stiffness from the long walks.

Moderate Walk: Walk at a comfortable pace (an intensity of 5-6).

Brisk Walk: Walk at a slightly faster pace (an intensity of 6-7). This will help improve your cardio conditioning and endurance.

Endurance Walk: Walk at a moderate pace (an intensity of 5-6). Distance, not speed, is the key here.

X-train: Cross-train by doing an activity that's different from walking, such as core training, strength training, yoga, Pilates, swimming, or cycling. Keep it moderate (an intensity of 5-6). Cross-training helps to prevent injuries and burnout.

Schedule modifications

If you need a rest day, skip one of the cross-training days.

avonwalk.org

