



**39.3 mile event**  
(Day 1, 26.2 mi – Day 2, 13.1 mi)

# Avon Walk for Breast Cancer: Training program

**16 WEEKS**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total mileage
<b>Week 1</b>	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 3 mi	14
<b>2</b>	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 4 mi	17
<b>3</b>	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 8 mi	Endurance Walk 5 mi	20
<b>4</b>	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 3 mi	x-train 20-30 min	Endurance Walk 10 mi	Endurance Walk 6 mi	23
<b>5</b>	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 3 mi	15
<b>6</b>	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 12 mi	Endurance Walk 6 mi	25
<b>7</b>	Recovery Walk 15 min	Brisk 3 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 13 mi	Endurance Walk 7 mi	28
<b>8</b>	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 15 mi	Endurance Walk 7 mi	32
<b>9</b>	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 17 mi	Endurance Walk 8 mi	35
<b>10</b>	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 4 mi	22
<b>11</b>	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20 min	Endurance Walk 20 mi	Endurance Walk 9 mi	39
<b>12</b>	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 5 mi	25



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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total mileage
<b>Week 13</b>	Recovery Walk 30 min	Brisk 4 mi	x-train 20-30 min	Moderate 4 mi	x-train 20-30 min	Endurance Walk 22 mi	Endurance Walk 10 mi	42
<b>14</b>	Recovery Walk 30 min	Moderate 4 mi	x-train 20 min	Moderate 3 mi	x-train 20 min	Endurance Walk 10 mi	Endurance Walk 5 mi	24
<b>15</b>	Recovery Walk 30 min	Moderate 3 mi	x-train 20 min	Moderate 3 mi	x-train 20 min	Endurance Walk 5 mi	Endurance Walk 3 mi	16
<b>16</b>	Recovery Walk 15 min	Moderate 2 mi	rest	Moderate 2 mi	rest	<b>Avon Walk for Breast Cancer</b>	<b>Avon Walk for Breast Cancer</b>	

## Training definitions

avonwalk.org

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.