

## MAINTAINWALK10K

Completed SportMedBC's Walk10K training and/or are comfortable with a 40min walk three times per week, and ideally have completed at least one 10K event.

Please note that as this is a pilot project, our mentors have been given the freedom to make alterations based on the participant's needs. If a walk feels like it might be too much feel free to contact your mentor for suggestions, or email [communications@sportmedbc.com](mailto:communications@sportmedbc.com) for advice.

### Week 1:

#### Walk 1: Moderate Walk

- Warm-up: 5 minutes of easy walking
- Duration: 40-45 minutes
- Pace: Maintain a moderate pace, focusing on steady breathing

#### Walk 2: Easy Walk

- Duration: 30-35 minutes
- Pace: Comfortable, relaxed walking

#### Walk 3: Long Walk

- Warm-up: 5-10 minutes of easy walking
- Duration: 60 minutes
- Pace: Comfortable, steady walking

### Week 2:

#### Walk 1: Interval Walk

- Warm-up: 5 minutes of easy walking

- Alternate between 3 minutes of brisk walking and 2 minutes of easy walking for 30-35 minutes

- Cool down: 5 minutes of easy walking

#### Walk 2: Easy Walk

- Duration: 35-40 minutes
- Pace: Comfortable, relaxed walking

#### Walk 3: Long Walk with Hills

- Warm-up: 10 minutes of easy walking
- Incorporate hills or inclines into your walk for a total of 60 minutes
- Cool down: 10 minutes of easy walking

### Week 3:

#### Walk 1: Speed Play Walk

- Warm-up: 5 minutes of easy walking
- Alternate between moderate and brisk walking for 35-40 minutes

- Cool down: 5 minutes of easy walking

#### Walk 2: Easy Walk

- Duration: 40-45 minutes

- Pace: Comfortable, relaxed walking

#### Walk 3: Long Walk

- Duration: 65-70 minutes

- Pace: Comfortable, steady walking

#### Week 4:

##### Walk 1: Tempo Walk

- Warm-up: 5 minutes of easy walking

- Walk at a brisk pace for 40-45 minutes

- Cool down: 5 minutes of easy walking

##### Walk 2: Easy Walk

- Duration: 45-50 minutes

- Pace: Comfortable, relaxed walking

##### Walk 3: Long Walk with varied terrain

- Warm-up: 10 minutes of easy walking

Find a route with varied terrain, such as gentle slopes or uneven surfaces, and walk for a total of 70 minutes

- Cool down: 10 minutes of easy walking

#### Week 5:

##### Walk 1: Hill Walk

- Warm-up: 5 minutes of easy walking

- Incorporate uphill sections into your walk for 40-45 minutes

- Cool down: 5 minutes of easy walking

##### Walk 2: Easy Walk

- Duration: 45-50 minutes

- Pace: Comfortable, relaxed walking

##### Walk 3: Long Walk

- Duration: 60-70 minutes

- Pace: Comfortable, steady walking

#### Week 6:

##### Walk 1: Progression Walk

- Warm-up: 5 minutes of easy walking

- Gradually increase your pace throughout the walk, ending with a brisk pace for the last 10 minutes

- Cool down: 5 minutes of easy walking

##### Walk 2: Easy Walk

- Duration: 40-45 minutes

- Pace: Comfortable, relaxed walking

### Walk 3: Long Walk

- Duration: 60 minutes
- Pace: Comfortable, steady walking

Adjust the durations and intensities based on your individual fitness level and listen to your body to prevent overexertion.