InTraining - Walk10K/Nordic Walk10K Program

Walk10K
The Walk10K Program follows a nice, progressive, change-of-pace schedule that is appropriate for both beginners and experienced walkers. Your workouts will consist of interval training that leads you through periods of brisk walking, followed by an easy recovery walk. The pace of these intervals is relative, and can be tailored to your own abilities and training goals. Ideally, you should be able to walk comfortably for approximately 30 minutes before joining the program.

If your goal is to **WALK** and you would like to use **NORDIC POLES**, you should choose:

NordicWalk10K
Following a similar training plan to that of Walk10K, this program utilizes Nordic Poles to help participants increase upper-body mobility & strength, as well as improve their over-all range of motion with every step. Nordic Pole walking is an ideal choice for participants with injuries, chronic conditions, limited mobility, or who may be getting back into a fitness regime after a period of inactivity. It can also be a great alternative to running & walking if you are looking to try something new!

WEEK 1
SESSION 1 – 44 MINUTES
Warm-up: Walk slow & easy for 10 min.
3 min. brisk walk followed by 2 min. recovery walk
2 min. brisk walk followed by 2 min. recovery walk
1 min. brisk walk followed by 2 min. recovery walk
Do this combination 2 times.
Cool-down: Walk slow & easy for 10 min.

SESSION 2 – 30 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 20 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 35 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 25 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 2
SESSION 1 – 40 MINUTES
Warm-up: Walk slow & easy for 10 min.
2 min. brisk walk - 2 min. slow & easy recovery walk;
Do this combination 5 times.
Cool-down: Walk slow & easy for 10 min.

SESSION 2 – 30 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 20 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 40 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 3
SESSION 1 – 44 MINUTES
Warm-up: Walk slow & easy for 10 min.
1 min. brisk walk - 2 min. slow & easy recovery walk
Do this combination 8 times.
Cool-down: Walk slow & easy for 10 min.

SESSION 2 – 40 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 50 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 4
(Easy Recovery Week)
SESSION 1 - 40 MINUTES
Warm-up: Walk slow & easy for 10 min.
Easy 20 min. walk.
Cool-down: Walk slow & easy for 10 min.

SESSION 2 - 30 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 20 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 40 MINUTES
Warm-up: Walk slow & easy for 5 min.

Walk for 30 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 5
SESSION 1 - 48 MINUTES
Warm-up: Walk slow & easy for 10 min.
5 min. brisk walk - 2 min. recovery walk
Do this combination 4 times.
Cool-down: Walk slow & easy for 10 min.

SESSION 2 - 40 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.
Cool-down: Walk slow & easy for 5 min

SESSION 3 – 50 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 6
SESSION 1 - 56 MINUTES
Warm-up: Walk slow & easy for 10 min.
3 min. brisk walk - 2 min. recovery walk
2 min. brisk walk - 2 min. recovery walk
1 min. brisk walk - 2 min. recovery walk
Do this combination 3 times.
Cool-down: Walk slow & easy for 10 min

SESSION 2 - 40 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 50 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 7
SESSION 1 - 60 MINUTES OR 5KM
Warm-up: Walk slow & easy for 5 min.
5K Walk
Cool-down: Walk slow & easy for 5 min

SESSION 2 - 50 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 55 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 45 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 8
(Easy Recovery Week)
SESSION 1 - 60 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 50 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 2 - 30 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 20 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 40 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 9 - Hill Training
SESSION 1 – 65-75 MINUTES
**Find a hill that has an incline of approx. 25 degree*
Warm-up: Walk slow & easy for 10 min.
1 min. brisk walk uphill, followed by a slow & easy recovery walk back downhill.
Do this combination 10 times.
Using the same hill, do 30 sec. brisk walk uphill, followed by a slow & easy recovery walk back downhill.
Do this combination 8 times
Cool-down: Walk slow & easy for 10 min.

SESSION 2 – 50 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 60 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 50 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 10
SESSION 1 - 70 MINUTES
Warm-up: Walk slow & easy for 10 min.
5 min. brisk walk - 2 min. recovery walk;

4 min. brisk walk - 2 min. recovery walk;
3 min. brisk walk - 2 min. recovery walk;
2 min. brisk walk - 2 min. recovery walk;
1 min. brisk walk - 2 min. recovery walk.
Do this combination 2 times.
Cool-down: Walk slow & easy for 10 min.

SESSION 2 - 50 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 70 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 60 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 11
SESSION 1 - 80 MINUTES
Warm-up: Walk slow & easy for 20 min.
2 min. brisk walk - 2 min. recovery walk
Do this 10 times.
Cool-down: Walk slow & easy for 20 min.

SESSION 2 - 50 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 80 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 70 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 12
(Easy Recovery Week)
SESSION 1 - 80 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 70 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 2 – 50 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – 60 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 50 min.
Cool-down: Walk slow & easy for 5 min.

WEEK 13
SESSION 1 - 44 MINUTES
Warm-up: Walk slow & easy for 10 min. 3 min. brisk walk - 2 min. recovery walk 2 min. brisk walk - 2 min. recovery walk 1 min. brisk walk - 2 min. recovery walk Do this combination 2 times.
Cool-down: Walk slow & easy for 10 min.

SESSION 2 – 40 MINUTES
Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.
Cool-down: Walk slow & easy for 5 min.

SESSION 3 – Final Walk- 45 MINUTES
Warm-up:Walk slow & easy for 10 min
Walk at your planned 10K pace for 20 min
Brisk Walk 10 min
Cool-down: Walk slow & easy 5 min.

Hydration: Practice your hydration strategy by bringing a water bottle or noting event water station intervals.

Gear Check: Wear the gear you plan to use for the 10K. Make sure it's comfortable and event-ready.

Event Mindset: Visualize crossing the finish line strong and proud!