



10 STEPS TO TRAIN AND STAY SAFE

The MoonWalk Training Plan

The Walk the Walk America Training Plan will help you successfully complete your Full or Half Marathon



 **walkthewalk[®]america**
uniting against breast cancer

the
MoonWalk[®]
new york city 2013

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presented by *Empire* 
BLUECROSS BLUESHIELD



Ten Steps to Train and Stay Safe

1 PERSONAL SAFETY

Getting out in the fresh air to Power Walk or run is a great way to get fit and clear your mind. Along with the warm-ups and stretching, think about your personal safety

2 PLAN YOUR ROUTE

- Choose circular routes. It may be best to start on a track to see how far you can go
- Always test your route in the daylight first
- Avoid quiet streets and pathways
- Walk with a friend or join a walking group
- Make a mental map of places where you can ask for help
- Let someone else know of your route and when you plan to be back
- If you're young, talk it over with a parent or guardian. It might be better to start on a school running track to see how far you can go, or why not form your own walking group with friends or family?

3 WHAT NOT TO WEAR

- Wear comfortable clothes and the proper training shoes
- Avoid any revealing clothing or apparel that may restrict your vision

4 PACK THE ESSENTIALS

- Bring your "bum bag" to carry your money, travel card, keys, and phone
- Keep your cash and keys out of sight
- Make sure your phone is fully charged and up to date with emergency numbers
- Keep any vital medical information on hand in the unlikely event of an accident
- Carry a personal alarm and clip onto your belt or bum bag
- Take a map if you don't know the area (or upload it on your phone)

5 AVOID RISKS

- Always find a safe way home if you cannot stick to your route. Have a plan for taking a bus, subway, or taxi home
- Walk against traffic when walking on busy streets and always look both ways when crossing traffic lights
- Never accept a ride home from a stranger

6 WHEN THINGS DON'T GO ACCORDING TO PLAN

- Try not to panic. Take a moment to relax and breathe
- Put yourself first. Possessions can always be replaced, so give them up if someone tries to grab them
- Call a friend for help if needed



7 TAKE ACTION

- If you feel threatened, get away as soon as possible. Go to a public place where you can get help
- Don't run away from a dog that is barking. Stop and firmly shout "No" or "Down" and if the owner is nearby, ask them to help
- Ignore any verbal abuse
- Report any incident to the police as soon as possible

8 KEEP IN MIND

- Try to limit the use of headphones while training. Listening to music can prevent you from hearing ongoing traffic
- Walk with confidence and trust your instincts
- If walking in a group, make sure no one is left behind
- Be aware of cyclists and cab drivers



9 NIGHT WALKS

- Be seen by wearing high-visibility clothing

10 START TRAINING TODAY

Walk the Walk America is a charity not only dedicated to raising money for vital breast cancer causes, but also encouraging women and men to become fitter and healthier by including exercise into each and every day

FULL MOON
26.2
MILES
TRAINING PLAN

Most importantly, to be successful, make this plan fit in with your life!

To use this plan, you must be able to walk 3 miles at a constant pace of 18-20 minutes per mile. If you are not quite ready, start with the first few weeks of the Half Moon Marathon training plan.

The goal is to complete 14 minute miles, or less, and complete a Full Moon Marathon in approximately 6 hours.



WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	MILES
1	3 Miles Steady pace	Relax and stretch	3 Miles Steady pace	Relax and stretch	3 Miles Steady pace	Relax and stretch	Relax and stretch	9
2	4 Miles Steady pace	Relax and stretch	4 Miles Steady pace	Relax and stretch	4 Miles Steady pace	Relax and stretch	Relax and stretch	12
3	5 Miles	Relax and stretch	4 Miles Pick up the pace	Any other activity	4 Miles Increase exertion	Relax and stretch	6 Miles Steady pace	19
4	Relax and stretch	5 Miles Increase exertion	Any other activity (30 minutes)	5 Miles Pick up pace	Any other activity	Relax and stretch	8 Miles Steady pace	18
5	Any other activity	5 Miles Pick up the pace	Relax and stretch	4 Miles Increase exertion	Any other activity	Relax and stretch	10 Miles Cover the distance	19
6	Relax and stretch	Any other activity	4 Miles Increase exertion	Any other activity	6 Miles Intervals	Relax and stretch	12 Miles Distance and pace	22
7	Relax and stretch	6 Miles Speed	Any other activity (30 minutes)	Relax and stretch	6 Miles Intervals	Any other activity (30 minutes)	Relax and stretch	12
8	14 Miles Distance and speed	Relax and stretch	6 Miles Speed	Relax and stretch	6 Miles Intervals	Relax and stretch	16 Miles Distance and speed	42
9	Relax and stretch	6 Miles Speed	Any other activity (30 minutes)	7 Miles Speed	Any other activity	6 Miles Speed	Relax and stretch	19
10	16 Miles Distance and speed	Relax and stretch	Any other activity (30 minutes)	7 Miles Pick up the pace	Relax and stretch	7 Miles Speed	Relax and stretch	30
11	20 Miles The long one!	Relax and stretch	Relax and stretch	5 Miles Speed	Relax and stretch	5 Miles Speed	Any other activity	30
12	5 Miles Speed	Relax and stretch	3 Miles Speed	Relax and stretch	3 Miles Speed	Relax and stretch	Relax and stretch	11
13	The Big Day! ★ LET'S CELEBRATE!							26.2

WHY NOT TRY DANCE CLASSES?

WOW! HALF WAY THERE!

PLENTY OF STRETCHING TODAY!

IF YOU CAN DO 20...YOU CAN DO 26!



Pilates is an excellent option to take a day off, stretch and help you with your flexibility

How Does It Work?

BLUE
Start by getting used to regular walking and finding your pace.

GREEN
Let your body rest on these days, but that does not mean do nothing. Make it a daily habit to spend 15 minutes stretching, or take Pilates. This is an ideal companion to Power Walking. You will notice a difference when you walk.

YELLOW
Try any other activities such as swimming, dancing, or even kick boxing, as they complement Power Walking. Whichever you choose, make sure it increases your heart rate. Try to include some technique from the beginning, particularly using your arms as it will really help you to progress.

WEEK 1-4

Get used to walking regularly. Focus on your technique by developing good posture, strong arm movement and a strong push off. When ready, introduce other activities to develop your muscle tone and remember to stretch daily.

WEEK 5-8

Pick up the pace to increase your speed and stamina. You will be able to develop a faster and more powerful speed as you progress through your training.

WEEK 9-12

Your speed and stamina have now increased, so lengthen the mid-week walks during week 9 and 10. Rest up for The Big Day!

Remember - If you think you can, you will.. 65% of training for a Marathon is in the mind!



Want to find somebody to walk with in your area? Visit walkthewalkamerica.com



Most importantly, to be successful, make this plan fit in with your life!

To use this plan, you must be able to walk 2 miles at a constant pace of 18-20 minutes per mile. If you are not able to do this yet, start with walking as far as you can until you are up to 2 miles and then repeat the first week as many times as

necessary. The goal is to complete a Half Moon Marathon in 3 hours, walking approximately 13-15 minutes miles.



WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	MILES
1	2 Miles Steady pace	Relax and stretch	2 Miles	Relax and stretch	2 Miles	Relax and stretch	2 Miles	8
2	Relax and stretch	2 Miles	Relax and stretch	3 Miles	Relax and stretch	Relax and stretch	3 Miles	8
3	Relax and stretch	3 Miles Pick up the speed	Any other activity	3 Miles	Relax and stretch	Relax and stretch	4 Miles Distance	10
4	Relax and stretch	3 Miles Increase speed	Any other activity	3 Miles	Relax and stretch	4 Miles	Relax and stretch	10
5	6 Miles Go to the distance 6 MILES AND GOING STRONG!	Relax and stretch	3 Miles Increase the pace	Any other activity	3 Miles	Relax and stretch	Any other activity	12
6	6 Miles Strengthening	Any other activity (30 minutes)	4 Miles Pick up the pace	Relax and stretch FANTASTIC YOU'RE HALF WAY THERE!	4 Miles	Any other activity	Relax and stretch	14
7	7 Miles Strengthening	Relax and stretch	4 Miles Speed	Any other activity	4 Miles Intervals	Relax and stretch	5 Miles Speed and Distance	20
8	Relax and stretch	3 Miles Speed	Any other activity (30 minutes)	2 Miles	Relax and stretch	5 Miles Intervals	Any other activity	10
9	8 Miles Strength and speed	Relax and stretch	4 Miles Speed	Relax and stretch	4 Miles Speed	Any other activity (30 minutes)	8 Miles Strength and speed	24
10	Relax and stretch	Any other activity (30 minutes)	4 Miles Speed	Relax and stretch	4 Miles Speed	Any other activity	Relax and stretch	8
11	10 Miles The Big Day! LAST BIG PUSH BEFORE THE BIG DAY!	Relax and stretch	Relax and stretch	2 Miles	Any other activity (30 minutes)	Relax and stretch	3 Miles Speed	15
12	Relax and stretch	Any other activity (30 minutes)	Relax and stretch	2 Miles	Relax and stretch	3 Miles Speed	Relax and stretch	5
13	The Big Day! YOU DID IT!							13.1



Other cardiovascular activities like dancing are a great compliment for your Power Walking training plan ♡

How Does It Work?

BLUE

Start by just getting into the habit of walking regularly: long walks with short walks... Increase your speed a little each time you do a short walk. After week 6, try interval training; alternating fast and slow walks to increase stamina.

GREEN

Take a rest from aerobic activity but spend 5-10 minutes a day having a good stretch. The more you do, the more you will want to do and you will really notice a difference with your walking and flexibility.

YELLOW

Try any other activity to help you increase your stamina and fitness. Swimming, dancing, spinning, kickboxing or pilates. Start off with 15 minutes and build your time. Choose whatever you enjoy, but make sure you always increase your heart rate.



WEEK 1-2

Get used to walking regularly. If you are new to walking or actively using your body to get fitter, pace yourself and feel an increase in your heart rate, but don't do too much too soon.



WEEK 3-4

You will begin to feel that you have more energy by now, so start introducing other activities and really feel your muscle tone and energy develop.



WEEK 5-6

Now you're walking - pick up the pace on short walks to increase speed - long walking to increase stamina.



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Remember - whatever other activity or exercise you do, nothing replaces walking!