

Walk Before Your Run Training Program

WB4U RUN Prerequisites

1. You should have permission to start a walking program from your doctor, especially if you've been recently ill, injured, or are overweight.
2. You can walk for at least 15 minutes without stopping, at a slow pace (120 - 125 steps per minute).

WB4U RUN Program

WB4U RUN is a walking improvement program designed to help walkers increase their aerobic capacity and strength. Each week, participants will increase both the length of time that they walk in addition to the pace/speed at which they walk.

Each week of the program kicks off with an audio-guided instructional workout, that you listen to on a smartphone while walking. You'll be taught in the first session how to "step to the beat" so that you can regulate the pace at which they walk, ensuring that you are picking it up from week to week. The remainder of the workouts throughout the week can be done with no audio-guidance, or you may choose to listen to optional music playlists so you can continue working on your step-rate, or cadence. (To listen to the playlists, you will need a free or Premium Spotify account, or a subscription to Apple Music.) Finally, there is an optional session called "Intro to Running" that you may choose to do at the conclusion of the four weeks.

WB4U RUN Program Schedule

You should listen to the kickoff session at the beginning of the week, so you can learn how to improve your walking performance. Then, you should aim for at least three additional walks per week, as follows:

- Week 1: 10 - 15 minutes at a slow pace.
- Week 2: 15 - 20 minutes at a moderate pace.
- Week 3: 20 - 25 minutes at a moderately-fast pace.
- Week 4: 25 - 30 minutes at a fast pace.

Tracking Your Progress

Each day that you complete a walking workout, write the date, distance, and duration of time that you walked on the tracking sheet.





Walk Before You Run Tracking Sheet

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	WB4U RUN Week 1 Instructional Session						
WEEK 2	WB4U RUN Week 2 Instructional Session						
WEEK 3	WB4U RUN Week 3 Instructional Session						
WEEK 4	WB4U RUN Week 4 Instructional Session						Optional Session: Intro to Running