

# TRAINING SCHEDULE WORKSHEET

This worksheet tells you the total walking distance you need to increase per week on your long weekly training walk for the Atlanta 2-Day Walk for Breast Cancer. Remember, you should also be taking shorter walks during the week as part of your training!

*Have your calendar with you as you complete this worksheet!*

## Section A: Distance

Your one day distance goal (Sunday Walkers 10, 2-Day Walkers: 20)		<b>miles</b>
How far can you comfortably walk today?	-	<b>miles</b>
Subtract how far you can comfortably walk from your one day distance goal. This is your <b>DISTANCE TOTAL</b> .	=	<b>miles</b>

## Section B: Time

<b>1</b>	How many weeks until the Atlanta 2-Day Walk for Breast Cancer on October 5-6, 2013?		<b>weeks</b>
<b>2</b>	How many weeks will you be unable to train because of major conflicts?	-	<b>weeks</b>
<b>3</b>	For training purposes, you should meet your goal by 2 weeks before the start of the 2-Day Walk.	- 2	<b>weeks</b>
	Subtract answers <b>2</b> and <b>3</b> from answer <b>1</b> . This is the number of weeks you have left to train- your <b>TIME TOTAL</b> .	=	<b>weeks</b>

**GOAL: Weekly Mileage Increase** This is the amount of mileage you must add every week to your long walk in order to reach your goal.

Insert your <b>DISTANCE TOTAL</b> from <b>Section A</b>		<b>miles</b>
Insert your <b>TIME TOTAL</b> from <b>Section B</b>	÷	<b>weeks</b>
Divide the two. This is your <b>Weekly Mileage Increase!</b> *	=	<b>miles per week</b>

\*Take the mileage you are comfortable with walking this week (Box 2 in Section A), and add your Weekly Mileage Increase to it every week. For example, if your comfortable distance from was 5 miles and your Weekly Mileage Increase came out to .85 miles, you should walk 5.85 next week, 6.7 the next, 7.55 the following, and so on.