

Overnight Walk Training Schedule*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	Rest	15 minutes	15 minutes	15 minutes	Rest	15 minutes	20 minutes	80 min
Beginner	Rest	20 minutes	20 minutes	25 minutes	Rest	25 minutes	25 minutes	115 min
Beginner	Rest	30 minutes	30 minutes	30 minutes	Rest	30 minutes	30 minutes	150 min
Intensity	Rest	Easy & Strength Training	Cross Training	Moderate	Rest	Easy	Endurance Building	
16	Rest	1 mile	30 minutes	2 miles	Rest	1 mile	3 miles	7 miles
15	Rest	1 mile	30 minutes	2 miles	Rest	1 mile	5 miles	9 miles
14	Rest	1 mile	30 minutes	2 miles	Rest	1 mile	6 miles	10 miles
13	Rest	1 mile	30 minutes	2 miles	Rest	1 mile	8 miles	12 miles
12	Rest	1 mile	30 minutes	3 miles	Rest	1 mile	4 miles	9 miles
11	Rest	1 mile	30 minutes	3 miles	Rest	1 mile	9 miles	14 miles
10	Rest	2 miles	30 minutes	3 miles	Rest	1 mile	10 miles	16 miles
9	Rest	2 miles	30 minutes	3 miles	Rest	1 mile	11 miles	17 miles
Intensity	Rest	Speed Intervals & Strength Training	Cross Training	Moderate	Rest	Moderate	Endurance Building	
8	Rest	2 miles	30 minutes	3 miles	Rest	2 miles	12 miles	19 miles
7	Rest	2 miles	30 minutes	3 miles	Rest	2 miles	6 miles	13 miles
6	Rest	1 mile	30 minutes	3 miles	Rest	2 miles	14 miles	20 miles
5	Rest	1 mile	30 minutes	3 miles	Rest	2 miles	7 miles	13 miles
4	Rest	1 mile	30 minutes	3 miles	Rest	2 miles	16 miles	22 miles
3	Rest	1 mile	30 minutes	2 miles	Rest	2 miles	7 miles	12 miles
2	Rest	1 mile	30 minutes	1 mile	Rest	2 miles	4 miles	8 miles
1	Rest	1 mile	3 miles (Easy)	Rest	Rest	The Overnight	The Overnight	

Intensity Key

Easy: A low intensity pace. You should be able to walk and talk at the same time without getting out of breath.

Moderate: A steady pace in which you are not be able to walk and talk at the same time. At this pace you may get out of breath and need to pause occasionally.

Endurance Building: A comfortable and consistent pace. Time is not your main concern here, but rather you are challenging yourself to the distance.

Strength Training: Use weights or resistance bands to build muscle strength.

Cross Training: Engage in other forms of exercise besides walking to build up/maintain stamina. Ex: Swimming, cycling, or skating.

Speed Intervals: Increase your pace for a period of time during your workout to raise your heart rate and then alternate with a more relaxed pace.

* Please note that this schedule is designed to offer guidance and should not be substituted for medical advice. It is advised that you speak with your physician before beginning a new exercise regimen.