



Komen on the CREEPER

WALK 15 MILES TO END BREAST CANCER



We are so excited for Komen on the Creeper on October 26, 2019! To help you prepare for the 15-mile walk, we have put together some walking tips and a training plan. We have a Beginner and Intermediate plan so pick the one that is right for you!

- ✿ Keep your walks at a comfortable pace. If you feel GREAT, stick to the plan – doing too much too fast can result in an injury.
- ✿ On rest days you can also do what we call “active recovery.” This means doing something like yoga, water aerobics, weights, etc.
- ✿ Why walk the day after a long walk? This will help you recover! It will help to get out the lactic acid and to move those muscles, an easy walk the day after your long walk will help you feel better!
- ✿ Do you notice we aren’t going 15 miles? That’s OK! If you are able to complete all the walks on the schedule, you will be ready to rock 15 miles and feel good doing it!

A few other tips:

- ✿ Make sure you have the right shoes for YOU! This will be super important for injury prevention. And don’t forget, socks are just as important! The wrong socks will lead to blisters and hot spots – stay cotton and seam free!
- ✿ Hydration will be super important! When we say hydrate, we mean water and electrolytes. You will be training through the Summer. Take hydration with you on your long walks!
- ✿ Energy. Walking long means you need to get energy back into your system! Play with different energy products on your walks – some people find success with gels and energy bites, while others like “real” food like pretzels and peanut butter and jelly sandwiches.
- ✿ Your long walks are a time to figure out what works for you! Find your perfect outfit, shoes, socks, and hydration and energy plan so you don’t have anything unexpected happen to you!

Beginner Plan: Ideal for someone who is not as physically active and wants to complete the Komen on the Creeper!

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|-----------|----------|--------|----------------------|---------|
| Week 1 | Rest | 2 miles | Rest | 2 miles | Rest | 3 miles | 1 mile |
| Week 2 | Rest | 2 miles | Rest | 2 miles | Rest | 4 miles | 1 mile |
| Week 3 | Rest | 2 miles | Rest | 3 miles | Rest | 5 miles | 1 mile |
| Week 4 | Rest | 2 miles | Rest | 3 miles | Rest | 6 miles | 2 miles |
| Week 5 | Rest | 3 miles | Rest | 3 miles | Rest | 7 miles | 2 miles |
| Week 6 | Rest | 3 miles | Rest | 3 miles | Rest | 8 miles | 2 miles |
| Week 7 | Rest | 3 miles | Rest | 4 miles | Rest | 4 miles | 3 miles |
| Week 8 | Rest | 3 miles | Rest | 4 miles | Rest | 10miles | 3 miles |
| Week 9 | Rest | 4 miles | Rest | 4 miles | Rest | 5 miles | 3 miles |
| Week10 | Rest | 4 miles | Rest | 4 miles | Rest | 12 miles | 3 miles |
| Week 11 | Rest | 3 miles | Rest | 3 miles | Rest | 5 miles | 2 miles |
| Week 12 | Rest | 3 miles | Rest | 2 miles | Rest | Komen on the Creeper | 2 miles |

Intermediate Plan: Ideal for someone who is currently walking 3-5 miles (or more!)

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|-----------|----------|--------|----------------------|---------|
| Week 1 | Rest | 3 miles | 2 miles | 3 miles | Rest | 4 miles | 2 miles |
| Week 2 | Rest | 3 miles | 2 miles | 3 miles | Rest | 5 miles | 2 miles |
| Week 3 | Rest | 3 miles | 2 miles | 4 miles | Rest | 6 miles | 2 miles |
| Week 4 | Rest | 3 miles | 3 miles | 4 miles | Rest | 7 miles | 3 miles |
| Week 5 | Rest | 3 miles | 3 miles | 4 miles | Rest | 8 miles | 3 miles |
| Week 6 | Rest | 3 miles | 3 miles | 4 miles | Rest | 10 miles | 3 miles |
| Week 7 | Rest | 4 miles | 3 miles | 4 miles | Rest | 5 miles | 3 miles |
| Week 8 | Rest | 4 miles | 4 miles | 4 miles | Rest | 12 miles | 4 miles |
| Week 9 | Rest | 4 miles | 4 miles | 4 miles | Rest | 5 miles | 4 miles |
| Week10 | Rest | 4 miles | 4 miles | 4 miles | Rest | 13 miles | 4 miles |
| Week 11 | Rest | 3 miles | 2 miles | 3 miles | Rest | 5 miles | 2 miles |
| Week 12 | Rest | 3 miles | Rest | 2 miles | Rest | Komen on the Creeper | 2 miles |

Beginner Condensed Plan: Ideal for someone who is not as physically active and wants to complete the Komen on the Creeper!

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------|---------|-----------|----------|--------|----------------------|---------|
| Week 1 | Rest | 3 miles | 2 miles | 4 miles | Rest | 5 miles | 3 miles |
| Week 2 | Rest | 3 miles | 2 miles | 4 miles | Rest | 10 miles | 3 miles |
| Week 3 | Rest | 4 miles | 3 miles | 4 miles | Rest | 8 miles | 3 miles |
| Week 4 | Rest | 4 miles | 3 miles | 4 miles | Rest | 12 miles | 3 miles |
| Week 5 | Rest | 3 miles | 2 miles | 3 miles | Rest | 6 miles | 2 miles |
| Week 6 | Rest | 3 miles | Rest | 2 miles | Rest | Komen on the Creeper | 2 miles |

Intermediate Condensed Plan: Ideal for someone who is currently walking 3-5 miles (or more!)

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------|---------|-----------|----------|--------|----------------------|---------|
| Week 1 | Rest | 4 miles | 3 miles | 4 miles | Rest | 8 miles | 3 miles |
| Week 2 | Rest | 4 miles | 4 miles | 4 miles | Rest | 12 miles | 4 miles |
| Week 3 | Rest | 4 miles | 4 miles | 4 miles | Rest | 9 miles | 4 miles |
| Week 4 | Rest | 4 miles | 4 miles | 4 miles | Rest | 13 miles | 4 miles |
| Week 5 | Rest | 3 miles | 2 miles | 3 miles | Rest | 6 miles | 3 miles |
| Week 6 | Rest | 3 miles | Rest | 2 miles | Rest | Komen on the Creeper | 2 miles |