Weekly Guidelines:

- Weekly Run/Walk Guidelines:
  - During the week aim to walk or run 3 days, 1 to 2 miles each time
  - 10 to 20 minutes running or 15 to 40 minutes walking each time.

- Strength:
  - Strength train 2 to 3 days a week
    - abs, back, biceps, triceps, chest, back, abs. shoulders, toe lifts,
    - 1 set = 10-15 reps, slow with 2-4 count up and 2-4 count down……..especially the core!
  - Consider meeting with a personal fitness trainer for a safe, effective plan.

- Warm-Up:
  - At the start of each walk or run, always go easy the first 5 to 10 minutes, gradually build to a steady and relaxed pace.
  - **Talk Test**: The method entails maintaining an intensity of exercise at which conversation is comfortable. When an exerciser reaches an intensity at which he or she can “just barely respond in conversation,” the intensity is considered to be safe and appropriate for cardiorespiratory endurance improvement. The newest research supports the usefulness of the Talk Test in relation to exercise intensity.
  - Periodically, check your heart rate to ensure that you’re in a safe target heart rate zone.
    - To check your heart rate during exercise:
      - Stop momentarily.
      - Take your pulse for 15 seconds.
      - Multiply this number by 4 to calculate your beats per minute.
    - If you're just starting out on an exercise program, keep your heart rate at the lower end of your target heart rate zone and gradually work up to a higher intensity level.
    - **Target Heart Rate**:
      - Subtract your age from 220 to calculate your Maximum Heart Rate (mhr). Find your training zone below and multiply that number times your maximum rate.
      - Healthy Heart Zone (Warm up) --- 50 - 60% of maximum heart rate: The easiest zone and probably the best zone for people just starting a fitness program. It can also be used as a warm up for more serious walkers. This zone has been shown to help decrease body fat, blood pressure and cholesterol. It also decreases the risk of degenerative diseases and has a low risk of injury. 85% of calories burned in this zone are fats!
      - Fitness Zone (Fat Burning) --- 60 - 70% of maximum heart rate: This zone provides the same benefits as the healthy heart zone, but is more intense and burns more total calories. The percent of fat calories is still 85%.
      - Aerobic Zone (Endurance Training) --- 70 - 80% of maximum heart rate: The aerobic zone will improve your cardiovascular and respiratory system AND increase the size and strength of your heart. This is the preferred zone if you are training for an endurance event. More calories are burned with 50% from fat.

- Days Off:
  - Take a day off from walking or running one or two days a week,
  - Go for a bike ride, swim, yoga class, or use the EFX cross trainer for 20 to 30 minutes, if desired.

- Stretch:
  - Take time to stretch shoulders, back, hamstrings, quads, shins, and calves after warm up, when done, and/or as needed. Relax, no bouncing.
Nutrition:
  - Enjoy 3 balanced nutritious meals and 1 to 2 snacks each day.

Hydration:
  - During runs/walks drink water every 15 to 20 minutes
  - Deep breath, swallow ½ to ¾ cup
  - After workouts drink 2 - 3 cups of water. (1 pound sweat = 2 - 3 cups fluid)

### Weekend Training Schedule for overall endurance improvement

<table>
<thead>
<tr>
<th>Dates:</th>
<th>Saturday or Sunday</th>
<th>Estimated Total Time</th>
<th>Recommended Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/3 or 3/4</td>
<td>Week 6</td>
<td>10-20 minutes</td>
<td>1 mile</td>
</tr>
<tr>
<td>3/10 or 3/11</td>
<td>Week 5</td>
<td>10-30 minutes</td>
<td>1-1.5 miles</td>
</tr>
<tr>
<td>3/17 or 3/18</td>
<td>Week 4</td>
<td>20-40 minutes</td>
<td>2 miles</td>
</tr>
<tr>
<td>3/24 or 3/25</td>
<td>Week 3</td>
<td>25-50 minutes</td>
<td>2.5 miles</td>
</tr>
<tr>
<td>3/31 or 4/1</td>
<td>Week 2</td>
<td>30-60 minutes</td>
<td>3 miles</td>
</tr>
<tr>
<td>4/7 or 4/8</td>
<td>Week 1</td>
<td>25-50 minutes</td>
<td>2.5 miles</td>
</tr>
<tr>
<td>4/15</td>
<td>Week 0</td>
<td>ENJOY!</td>
<td>3.1 miles (5K)</td>
</tr>
</tbody>
</table>

For more information go to [www.ipfw.edu/fitness](http://www.ipfw.edu/fitness) or [www.fort4fitness/4yourhealth](http://www.fort4fitness/4yourhealth)

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