



Challenge Walk MS 18-Week Training Program

Provided by Addie's Personal Training Studio

This training schedule is designed so that you can do it with a group, or on your own. Decrease the mileage if necessary depending on your fitness level. Train in the shoes that you plan to wear during the Walk. Getting your feet used to the mileage is just as important as getting your body used to it.

Week	Total Miles	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	9	OFF	2 MILES	OFF	2 MILES	OFF	3 MILES	2 MILES
2	10	OFF	2 MILES	OFF	2 MILES	OFF	4 MILES	2 MILES
3	13	OFF	3 MILES	2 MILES	OFF	2 MILES	4 MILES	2 MILES
4	14	OFF	3 MILES	OFF	3 MILES	OFF	5 MILES	3 MILES
5	16	OFF	3 MILES	3 MILES	OFF	2 MILES	5 MILES	3 MILES
6	17	OFF	4 MILES	OFF	3 MILES	OFF	6 MILES	4 MILES
7	20	OFF	4 MILES	3 MILES	OFF	3 MILES	6 MILES	4 MILES
8	21	OFF	4 MILES	3 MILES	OFF	2 MILES	8 MILES	3 MILES
9	22	OFF	4 MILES	OFF	4 MILES	OFF	10 MILES	4 MILES
10	23	OFF	4 MILES	4 MILES	3 MILES	OFF	10 MILES	2 MILES
11	22	OFF	3 MILES	OFF	4 MILES	OFF	10 MILES	5 MILES
12	25	OFF	4 MILES	OFF	4 MILES	OFF	12 MILES	5 MILES
13	24	OFF	3 MILES	OFF	3 MILES	OFF	15 MILES	3 MILES
14	27	OFF	3 MILES	3 MILES	3 MILES	OFF	12 MILES	6 MILES
15	29	OFF	4 MILES	4 MILES	3 MILES	OFF	15 MILES	3 MILES
16	29	OFF	4 MILES	OFF	4 MILES	OFF	10 MILES	5 MILES
17	20	OFF	4 MILES	OFF	4 MILES	OFF	8 MILES	4 MILES
18	54	OFF	2 MILES	2 MILES	OFF	20 MILES	20 MILES	10 MILES

Prepared by Christina Terry, C.P.T / ACE Certified Personal Trainer