

The 8-Week Plan

Workout at a Glance

YOUR GOAL: Walk 5 days a week, burning 400 calories each session, as they did in the study.

- > **3 days a week:** Do a high-intensity **Speed Walk**.
- > **2 days a week:** Do a lower-intensity **Basic Walk**.
- > Do the **Sculpting Moves** on any 3 nonconsecutive days of the week, working up to 2 sets by week 4.

GET STARTED: To determine how long you need to walk to melt 400 calories, find your weight and walking speeds on the chart below. The point at which they meet is your workout length. Note: The faster you walk or the heavier you are, the shorter your sessions will be, because you'll burn calories slightly faster.

WEIGHT	SPEED			
	3 MPH	3.5 MPH	4 MPH	4.5 MPH
140 lb	1 hr, 55 min	1 hr, 39 min	1 hr, 15 min	59 min
150	1 hr, 47 min	1 hr, 33 min	1 hr, 11 min	56 min
160	1 hr, 40 min	1 hr, 27 min	1 hr, 6 min	52 min
170	1 hr, 34 min	1 hr, 22 min	1 hr, 2 min	49 min
180	1 hr, 29 min	1 hr, 17 min	59 min	46 min
190	1 hr, 25 min	1 hr, 13 min	56 min	44 min
200	1 hr, 20 min	1 hr, 9 min	53 min	42 min
210	1 hr, 16 min	1 hr, 6 min	51 min	40 min
220	1 hr, 13 min	1 hr, 3 min	48 min	38 min

To estimate your speed, time how quickly you can cover a mile* at both a Speed Walk pace (you can say a few words at a time but are mostly breathless) and a Basic Walk pace (you can talk but are slightly breathless). Based on your times, here's how fast you're walking:

20 minutes = 3 MPH

17 minutes = 3.5 MPH

15 minutes = 4 MPH

13.5 minutes = 4.5 MPH

Retest about every 2 weeks because you'll be able to walk faster as your fitness level improves.

* To calculate a mile, walk on a track (usually 4 laps) or treadmill; or use a pedometer (about 2,000 steps equals a mile), your car, or prevention.com/mywalkingmaps.



The Walks (5 TIMES PER WEEK)

► Speed Walk

3 TIMES PER WEEK For this routine, you want to push yourself. Try to go at a pace at which you are breathing heavily, but you can speak a couple of words at a time. (Back off if you can't.) Able to discuss dinner plans in detail? Go faster. Remember, everyone's idea of hard is different—for a beginner, 3 MPH may be plenty, while someone who is very fit may need to push it to 4.5 MPH or more to get results.

To help you get up to speed, take short breaks by slowing to a moderate pace. As you progress, do this recovery less frequently until you're able to keep up the pace for the full hour or more.

Take a 1-minute break (i.e., a moderate pace):

Week 1: Every 5 minutes

Week 2: Every 10 minutes

Week 3: Every 15 minutes

Week 4: After 20 minutes; repeat if needed

Week 5: After 30 minutes; repeat if needed

Week 6: After 40 minutes; repeat if needed

Week 7: After 50 minutes

Week 8: Walk for 60 minutes (or duration of the workout) at a high intensity, without taking a break.

► Basic Walk

2 TIMES PER WEEK Walk at a moderate (somewhat challenging) pace. You could easily discuss the latest episode of *The Biggest Loser* but need to pause between phrases to catch your breath. Because you'll be going slower, you'll have to walk a little longer than you do in the Speed Workout in order to burn 400 calories. (See the speed chart at left to determine how long you need.) Can't spare that much time all at once? You can divide your workouts into smaller chunks, such as three 20- to 30-minute sessions, and still get the same results, says University of Virginia researcher Arthur Weltman, PhD.

For all walks, go at an easy pace for 3 to 5 minutes to warm up and cool down.



The Sculpting Moves (3 TIMES PER WEEK)



1. Balance Extension

FIRMS DEEP AND FRONT ABS

Stand tall, pull abs in, and raise left knee toward chest, grasping shin with hands. Release and swing leg behind you, toes pointed, as upper body tilts forward, arms extended. Keep abs tight and supporting knee slightly bent. Your arms, torso, and leg should be aligned. Hold for 1 count; bring knee to chest again and repeat. Do 6 to 8 reps, then switch legs.

Make It Easier: Tap toes to floor behind you instead of lifting leg.



4. Narrow/Wide Crunch

FIRMS FRONT ABS Lie faceup, legs extended above hips, hands behind head. Lift head, neck, and shoulders toward knees. As you lower, open legs into a wide V. Repeat, bringing legs together as you lift. Do 10 to 12 reps.

Make It Easier: Don't crunch up as high or lower legs as wide.

3. Elbow Tap Back

FIRMS DEEP, FRONT,

AND SIDE ABS Sit with knees bent, heels on floor, arms extended, and torso at about a 45-degree angle to floor. Keeping abs tight, rotate torso to left as you pull left arm back, tapping elbow to floor. Return to center. Do 8 to 10 reps; repeat to right side.

Make It Easier: Don't lean back as far; rotate torso without tapping elbow to floor.



2. Side-to-Side Reach

FIRMS DEEP AND FRONT

ABS Stand with arms extended at shoulder height, palms down. Keeping

hips still, lift rib cage and slide it side to side (that's 1 rep), as if your body were in a tug-of-war. Do 16 reps.



5. Pointer Reach

FIRMS DEEP, FRONT, AND SIDE ABS; LOWER BACK; HAMSTRINGS Begin on all fours, knees under hips and palms under shoulders. Extend left arm forward at shoulder height while lifting right leg behind you, abs tight. Reach left arm behind you and bend right leg to touch sole of foot. Do 10 to 12 reps; switch sides.

Make It Easier: Lower back leg to floor and just reach arm behind you without touching foot.

Yes You Can! WALK A MARATHON

Thousands of readers, most of them beginners, already have done it—and many keep coming back for more! Some have even completed over a dozen events since joining Team Prevention in 2005, which participants say leaves them with boundless confidence; a stronger, fitter body; and newfound friendships. So join the fun!

 **Team Prevention** will be at three events across the country this fall (see bottom right)—all of which offer full and half marathon options (26.2 and 13.1 miles, respectively). We'll be with you every step of the way, from picking the right training sneakers to receiving your medal at the finish line. Let us help you turn walking into a life- and body-changing experience. To register, learn more, or just get tips and train for an event of your choice, go to prevention.com/team.

- > Follow a walking calendar that offers daily tips.
- > Map your routes and calculate your calorie burn.
- > Chat with other readers-in-training.
- > Ask our walking coach all your burning questions.
- > Get expert advice from top docs, dietitians, and trainers.
- > Meet our mentors, who will keep you motivated.

You Can Do It! HERE'S HOW

The following training schedules are perfect for experienced walkers—anyone, for example, who has just completed the 8-Week Plan (*front of pullout*) or has been exercising regularly for 6 weeks or more and can walk for at least 60 minutes at a time. If you're just getting started, find expanded training plans for your level at prevention.com/team.

YOUR KEY

- > **Moderate Walk (M):** Maintain a brisk pace, as if you need to get to an appointment.
- > **Cross-Train (Xtrain):** To prevent burnout and injury, do an activity that's different from walking, such as strength-training, yoga, Pilates, swimming, or cycling. Keep the intensity moderate, and aim for about 20 to 30 minutes.
- > **Intensity Walk (I):** Shoot for a vigorous pace the entire time, or alternate short bursts of speed (30 to 60 seconds) with equal intervals of brisk walking (see Moderate Walk). As you become more fit, increase the length of the speed bouts until you can maintain the faster pace for the duration of the workout. This type of training will increase your speed.
- > **Endurance Walk (E):** Go at a slightly slower pace than a Moderate Walk but faster than a Recovery Walk. Distance, not speed, is the key here.
- > **Recovery Walk (R):** To loosen up from the previous day's long workout or rest up before the big event, stroll at an easy pace.

Prevention®



Half Marathon Training

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	M: 60 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 6 miles (about 1.5–2 hr)
2	R: 30 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 7 miles (about 1.75–2.5 hr)
3	R: 30 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 8 miles (about 2–2.75 hr)
4	R: 30 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 9 miles (about 2.25–3.25 hr)
5	R: 30 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 10 miles (about 2.5–3.5 hr)
6	R: 30 min	Xtrain	I: 30 min	Rest	M: 45 min	Xtrain	E: 5 miles (about 1.25–1.75 hr)
7	R: 30 min	M: 30 min	R: 30 min	Rest	M: 30 min	Rest	R: 20 min <i>You're ready to race!</i>



Full Marathon Training

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	M: 60 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 6 miles (about 1.5–2 hr)
2	R: 30 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 8 miles (about 2–2.75 hr)
3	R: 30 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 10 miles (about 2.5–3.5 hr)
4	R: 30 min	Xtrain	I: 45 min	Rest	M: 60 min	Xtrain	E: 12 miles (about 3–4.25 hr)
5	R: 30 min	Xtrain	I: 60 min	Rest	M: 75 min	Xtrain	E: 7 miles (about 1.75–2.5 hr)
6	R: 30 min	Xtrain	I: 60 min	Rest	M: 75 min	Xtrain	E: 14 miles (about 3.5–4.75 hr)
7	R: 30 min	Xtrain	I: 60 min	Rest	M: 90 min	Xtrain	E: 16 miles (about 4–5.5 hr)
8	R: 30 min	Xtrain	I: 60 min	Rest	M: 90 min	Xtrain	E: 18 miles (about 4.5–6 hr)
9	R: 30 min	Xtrain	I: 60 min	Rest	M: 75 min	Xtrain	E: 20 miles (about 5–7 hr)
10	R: 30 min	Xtrain	I: 60 min	Rest	M: 60 min	Xtrain	E: 10 miles (about 2.5–3.5 hr)
11	R: 30 min	Xtrain	I: 45 min	Rest	M: 45 min	Xtrain	E: 5 miles (about 1.25–1.75 hr)
12	R: 30 min	M: 30 min	R: 30 min	Rest	M: 30 min	Rest	R: 20 min <i>You're ready to race!</i>



SIGN UP! 2009 PREVENTION WALKING EVENTS

RACE DATE	LOCATION	For Full Marathoners (beginners/experienced*) TRAINING START DATE	For Half Marathoners (beginners/experienced*) TRAINING START DATE
OCT. 11	Long Beach, CA	May 24/July 19	July 19/Aug. 23
NOV. 22	Philadelphia	July 5/Aug. 30	Aug. 30/Oct. 4
DEC. 6	Las Vegas	July 19/Sept. 13	Sept. 13/Oct. 18

*Beginner dates are based on the 20-week full and 12-week half marathon walking calendars available at prevention.com/team. Experienced dates are based on the training plans above, which are also available online.