

Plan for confirmed walkers in 4 sessions

### **WEEK 1**

Monday 1hour walk - 10mn stretching

Tuesday 1hour walk - 10mn stretching

Thursday 1hour walk – 15mn technique (meeting technique 1) - 10mn stretching

Saturday 1hour 30 walk – 10mn stretching

### **WEEK 2**

Monday 1hour walk - 10mn stretching

Wednesday 15mn walk – 15mn PPG – 30mn walk – 10mn 1mn quick (speed)

30" rest – 10mn stretching

Thursday 1hour walk – 10mn stretching

Saturday 1hour 30 walk – 10mn stretching

### **WEEK 3**

Monday 1hour walk – 10mn stretching

Tuesday 20mn walk – 15mn PPG – 25mn technique walk (meeting technique 2)

– 15mn walk with assimilation of walk – 10mn stretching

Thursday 15mn walk – 15mnPPG – 30mn walk – 6 x 30 secondes (speed)

Rest 30 secondes – Rest 1mn – 6 x 30 secondes (speed)

rest 30 secondes - 10mn stretching

Saturday 2 hour walk – 10mn stretching

### **WEEK 4**

Monday 1hour walk – 10mn stretching

Tuesday

**Test on track. Take a wheel of geometrician for this session.**

**You can do it in group.**

20mn walk – test of speed during 6 minutes (walk at a maximum speed during 6 minutes) – After 6 minutes, stop and mark the place. Rest and then measure from the starting line. Count the distance you walked (ex 3 rounds + 238 meters = 1438 meters) and multiply it by 10. (in the example that makes 14380 meters so 14 km 380).

This represents approximatively your VMA. It will be useful for you to for the following differences. Note it on your training book

Thursday 45mn walk 75% – 20 technique walk (meeting technique 3)

Saturday 30mn walk – 1h00 5mn speed (90%) 5mn slow (so 6 fois) – 30mn walk – 10mn stretching

### **WEEK 5**

Monday 1h15 walk 75% – 10mn stretching

Tuesday 15mn walk – 15mn PPG – 20mn walk – 15mn 1'30 speed (100%) 45 secondes rest – 10mn stretching

Thursday 1h15 walk 75% - 10mn stretching

Saturday 2h30 walk 75% – 10mn stretching

### **WEEK 6**

Monday 1h15 walk 75% – 10mn stretching

Wednesday 1h30 walk 75% - 10mn stretching

Thursday 15mn walk - 5mn PPG – 20mn walk – 6 x 30 secondes (100%)

Rest 30" – Rest 1mn – 6 x 30 secondes (100%)

Rest 30 secondes – 10mn stretching

Saturday 45mn walk 75% – 1h00 walk – 15mn walk back quietly - 10mn stretching

**WEEK 7**

Monday 1h30 walk 75% – 10mn stretching

Tuesday 15mn walk – 15mn PPG – 20mn walk – 10 x 400m (95% à 100%)

rest 1mn – 10mn stretching

Thursday 45mn walk 75% – 20mn technique walk (meeting technique 1) - 10mn stretching

Saturday 3h00 walk 70% (you can walk during a patent ) – 10mn stretching

**WEEK 8**

Monday 1h30 walk 75% – 10mn stretching

Thursday 45mn walk 75% - 20mn technique walk (meeting technique 2) – 10mn stretching

Saturday 1h00 walk – 1h00 5mn speed 5mn slow – 1h00 walk – 10mn stretching