

Couch to 10K

SIX-WEEK WALK TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	REST DAY	Walk 30 min.	Cross Training: Repeat 3x through <ul style="list-style-type: none"> • 10 x Squats • 10 x Eccentric calf raises (perform calf raises on a stair and allow heels to drop below parallel) • Wall sit 10-30 seconds • Plank hold 10-30 seconds 	Warm up with accessory work (see below) Rest or walk/swim 30 min.	Rest or Cross Training: Repeat 3x through <ul style="list-style-type: none"> • 10 x Squats • 10 x Eccentric calf raises (perform calf raises on a stair and allow heels to drop below parallel) • Wall sit 10-30 seconds • Plank hold 10-30 seconds 	Warm up with accessory work (see below) Walk 3 miles at a slow steady pace	Walk 30-45 min. + stretch/ yoga
WEEK 2	REST DAY	Walk 35 min.	Cross Training: Repeat 3x through <ul style="list-style-type: none"> • 10 x Squats weighted (can use household items in a backpack if you do not have weights) • 15 x Bridges • 10 x Eccentric calf raises • Wall sit 35-45 seconds • Plank hold 30 seconds 	Warm up with accessory work (see below) Rest or walk 35 min.	Cross Training: Repeat 3x through <ul style="list-style-type: none"> • 12 x Squats weighted (can use household items in a backpack if you do not have weights) • 15 x Bridges • 12 x Eccentric calf raises • Wall sit 35-45 seconds • Plank hold 35 seconds 	Warm up with accessory work (see below) Walk 3.5 miles at a slow steady pace	Walk 60-90 min. with low inclines + stretch/ yoga
WEEK 3	REST DAY	Walk 40 min. Try to perform with hills or partially on trail	Cross Training: Repeat for 30 min. <ul style="list-style-type: none"> • 15 x Squats • 15 x Bridges • 15 x Eccentric calf raises • Side plank 10-20 seconds • Plank hold 30-45 seconds (alternate between low and high plank from knees or toes) 	Warm up with accessory work (see below) Rest or walk/swim 40 min.	Cross Training: Repeat for 30 min. <ul style="list-style-type: none"> • 15 x Squats • 15 x Bridges • 15 x Eccentric calf raises • Side plank 10-20 seconds • Front plank 30-45 seconds (alternate between low and high plank from knees or toes) 	Warm up with accessory work (see below) Walk 4 miles at a slow steady pace	Walk 65-90 min. (with 20-40 min. on trail or uneven ground) + stretch/ yoga
WEEK 4	REST DAY	Walk 40 min. Try to perform with hills or partially on trail	Cross Training: Repeat for 35 min. <ul style="list-style-type: none"> • 10 each x Lunges alternating • 20 x Bridges with heels elevated on couch or chair • 10 x each single leg calf raises • Side plank 20-30 seconds • Front plank 1 min. (alternate between low and high plank from knees or toes) 	Warm up with accessory work (see below) Rest or walk/swim 45 min.	Cross Training: Repeat for 35 min. <ul style="list-style-type: none"> • 10 each x Lunges alternating • 20 x Bridges with heels elevated on couch or chair • 10 x Eccentric calf raises • Side plank 10-20 seconds • Front plank 1 min. (alternate between low and high plank from knees or toes) 	Warm up with accessory work (see below) Walk 4.5 miles at a slow steady pace	Walk 75-90 min. (with 40-60 min. on trail or uneven ground) + stretch/ yoga

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	REST DAY	Walk 50 min. Try to perform with hills or partially on trail	Cross Training: Repeat for 40 min. <ul style="list-style-type: none"> 10 each x Lunges 15 x squats weighted 10 x Bridges with heels elevated on couch or chair 10 x single leg calf raises 10 per side x side plank with leg lift 5-8 push ups + 20 second plank hold 	Warm up with accessory work (see below) Rest or walk/swim 50 min.	Cross Training: Repeat for 40 min. <ul style="list-style-type: none"> 10 each x Lunges 15 x squats weighted 10 x Bridges with heels elevated on couch or chair 10 x single leg calf raises 10 per side x side plank with leg lift 5-8 push ups + 20 second plank hold 	Warm up with accessory work (see below) Walk 5 miles at a slow steady pace	Walk 90 min. (on trail or uneven ground) + stretch/ yoga
WEEK 6	REST DAY	Walk 55-65 min. Try to perform with hills or partially on trail	Cross Training: Repeat for 40 min. <ul style="list-style-type: none"> 10 each x Lunges 15 x squats weighted 10 x Bridges with heels elevated on couch or chair 10 x single leg calf raises 10 per side x side plank with leg lift 8-10 push ups + 20 second plank hold 	Warm up with accessory work (see below) Rest or walk/swim 55-65 min.	Cross Training: Repeat for 40 min. <ul style="list-style-type: none"> 10 each x Lunges 15 x squats weighted 10 x Bridges with heels elevated on couch or chair 10 x single leg calf raises 10 per side x side plank with leg lift 8-10 push ups + 20 second plank hold 	Warm up with accessory work (see below) Walk 6 miles	Walk 120 min. + stretch/ yoga

Cross Training Days: These are designed to go at your own pace and comfort level. Please scale as needed or desired depending on your most recent activity level.

STRETCHES & ACCESSORY WORK

Hold each stretch for 60 seconds or as tolerated; can be performed after walking.



Perform 3 sets of 10 marches or steps per foot or as tolerated.



Forward "T" 3 x 10 per side



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Tips for Walking on Uneven Terrain

Here are some tips for walking on uneven surfaces. The majority of these tips are oriented towards methods that decrease the strain of walking on key areas of your body and techniques to improve balance.

GENERAL TIPS

1. Purchase shoes with better traction

A common cause of falls or injuries when walking on unstable surfaces or slippery terrain is not having the appropriate footwear. There are two type of shoes that might be appropriate here.

- Trail shoes will be light, comfortable, and easy to travel with, they are designed to have either waterproofing or water resistance (depending on the model.) They will have increased durability and protection from sharp rocks/objects by using a denser material in the outsole. Lastly, they have larger lug presence that usually has a type of rubber that gets solid traction even when wet.
- Hiking boots will be heavier, and more rigid. They can take a little to be broken in before being comfortable, so definitely try them on shorter walks before jumping right into longer hikes. They are incredibly durable and stable. Most boots are fully waterproof and come up high on the ankles to increase stability.



2. Take shorter strides in more rocky/rooted areas

Using shorter strides provides you with better agility. With a shorter stride you put less force into each step. Your limbs stay closer to your center of gravity, which also allows you to make quicker adjustments to the terrain. With a longer stride it is harder to correct your foot placement, and when an error is made, more of your body weight is put into it, thus causing a greater risk for injury.

3. Use trekking poles for more challenging terrain

Trekking poles provide increased stability and also can help limit the fatigue of your legs. Many hiking related injuries occur as you get close to the end of the hike and your legs are fatigued. Trekking poles help disperse some of the forces of walking to your arms to limit leg fatigue and also decrease the overall strain on your knees.

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1. Lean forward

Leaning forward while you are walking changes the direction of force being exerted by your legs to push you up the trail opposed to up in the air. Furthermore, it puts your pelvis in a better position to be able to activate your glutes, which improves the efficiency of the push off phase of walking. It is such a simple adjustment, but can take a lot of strain off of hamstrings and calves which can fatigue quicker.

2. Use your arms

If you don't have access to trekking poles, using your arms to push on your thighs in a leaned forward position can help take some of the strain off your legs on particularly steep areas. It also continues to reinforce a better pelvis position in your push off phase of walking.

3. Ascend at a zig zag

On longer, wider sections of terrain, when you feel fatigue creeping in, one method to offload the stress on your legs is to ascend in a zig zag. The change in angle puts pressure on different parts of your calves and hips compared to just walking straight up and may help prevent an overuse injury.

DOWNHILL WALKING

1. Sidestep down steeper sections

Sidestepping is another good way to offload your knees and make your way down steeper sections, because it helps maintain your center of gravity and forces you to take things slowly. Sidestepping can be an especially effective maneuver when combined with trekking poles. This allows you to plant your pole and stay stable when you place your foot down on the step below.

2. Keep your weight centered

Keeping your weight centered as you walk down is a good way to make sure that your feet aren't getting ahead of yourself. If it's a slippery downhill it's always much better to fall backwards than forwards. Falling forward means you'll fall further and you might land on your arms, shoulders, or head. If it's particularly steep and slippery then there is no shame in sitting and scooching your way down. If you're already sitting down, there's not really anywhere else you can fall.

3. Keep a slight bend in your knees

Stepping down and planting your foot with a slight bend in your knees helps prevent knee hyper-extension injuries. The more you are able to use your muscles to control your motion the less stress that will be placed on your joints or ligaments. The majority of ligamentous knee injuries can occur when your knee is fully locked out. Lastly, a slight knee bend can also help keep you closer to your center of gravity and improves your balance.

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