

**PACES TO KEEP IN MIND**

**Warm-Up**

85-95 steps per minute  
25 to 30-minute mile  
2.5-2.9 mph

**Beginner Pace**

100-125 steps per minute  
16:30 to 20-minute mile  
3-3.5 mph

**Moderate Pace**

130-135 steps per minute  
15 to 16-minute mile  
3.6-4 mph

**Fast Pace**

140-145 steps per minute  
13 to 14-minute mile  
4.3-4.6 mph



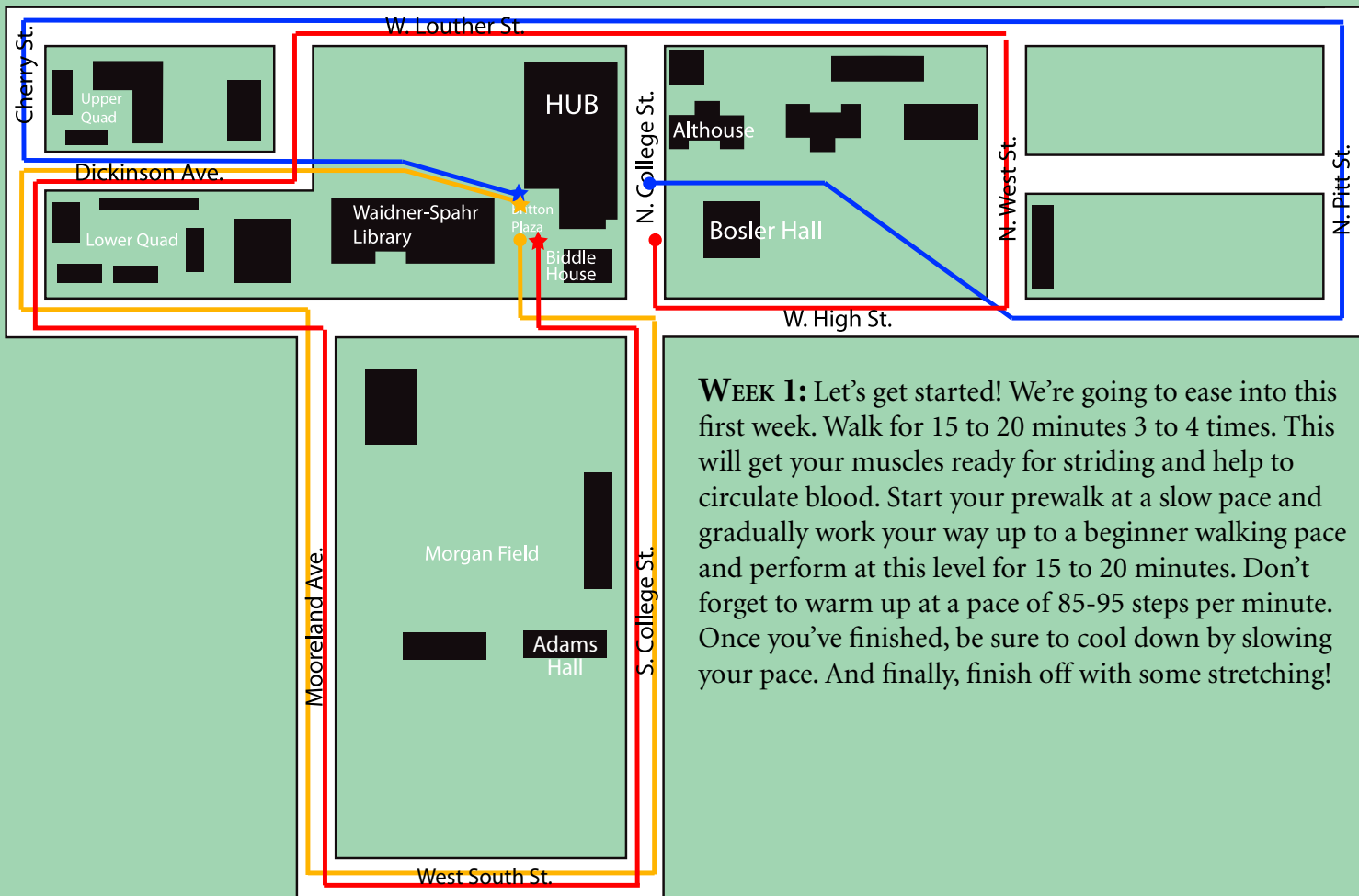
TRACK YOUR MILES

**LEGEND**



	Walk #1	Walk #2	Walk #3	Walk #4	Walk #5
Week #1					
Week #2					
Week #3					
Week #4					
Walk Totals					

**Grand Total:** The grand total for all walks during the month should be equivalent to 26.2 miles or more...

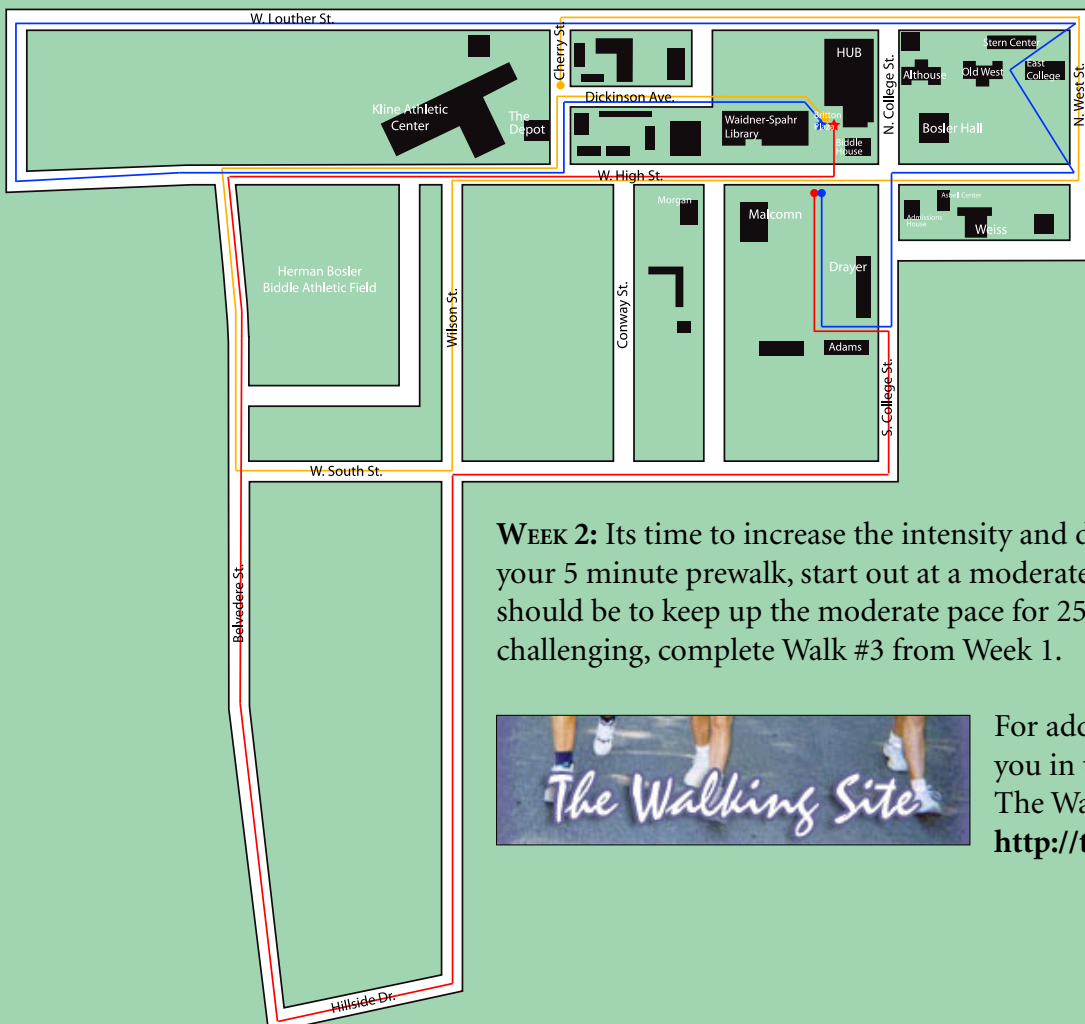


**WEEK 1:** Let's get started! We're going to ease into this first week. Walk for 15 to 20 minutes 3 to 4 times. This will get your muscles ready for striding and help to circulate blood. Start your prewalk at a slow pace and gradually work your way up to a beginner walking pace and perform at this level for 15 to 20 minutes. Don't forget to warm up at a pace of 85-95 steps per minute. Once you've finished, be sure to cool down by slowing your pace. And finally, finish off with some stretching!

**WALK #1:** (.98 miles, 18 to 20 minutes) Warm up walk from the HUB to the Kline Center (.2 miles, 5 minutes). Walk the rest of Walk #1. It should take you about 13 to 15 minutes to finish the rest of the walk at a *Beginner Pace* (100-125 steps per minute).

**WALK #2:** (1.12 miles, 22 to 24 minutes) Warm up walk from the HUB to Adams Hall (.2 miles, 5 minutes). Walk the rest of Walk #2. It should take you about 17 to 19 minutes to finish the walk at a *Beginner Pace*.

**WALK #3:** (1.5 miles, 31 to 33 minutes) Warm up walk from the HUB to the Kline Center (.2 Miles, 5 minutes). Walk the rest of Walk #3. It should take you about 26 to 28 minutes to finish the walk at a *Beginner Pace*.



**WEEK 2:** Its time to increase the intensity and duration of your walks. After your 5 minute prewalk, start out at a moderate pace. This week, your goal should be to keep up the moderate pace for 25 to 30 minutes. If this is too challenging, complete Walk #3 from Week 1.



For additional information to support you in this challenge, go to The Walking Site at <http://thewalkingsite.com>

**WALK #1:** (1.95 miles, 32 to 34 minutes) Warm up walk from the HUB to the Kline Center (.2 miles, 5 minutes). Walk the rest of Walk #1. It should take you about 27 to 29 minutes to finish the walk at a *Moderate Pace*.

**WALK #2:** (2.01 miles, 35 minutes) Start at the HUB and do your warm up walk down High Street until you reach Conway Street. Continue walking on High Street at a *Moderate Pace* and follow the rest of the walk. It should take you about 30 minutes to finish the walk at a *Moderate Pace*.

**WALK #3:** (2.08 miles, 36 minutes) Warm up walk from the HUB to the Kline Center (.2 miles, 5 minutes). Walk the rest of Walk #2. It should take you about 31 minutes to finish the walk at a *Moderate Pace*.



Also submit your results at the end of the month to be included in the monthly fitness prize drawings  
 Complete the Marathon In A Month for a fun fitness alternative! Enjoy the fresh air and sunshine and gain the benefits of exercise individually or with a friend.  
**Note:** It is highly recommended that you check with your physician before beginning any new physical fitness routine. Also, avoid walking on days with extreme weather conditions.

Yes, it's true. We can all finish a marathon (26.2 miles) within one month. This walking program is designed for individuals who are looking to achieve a baseline fitness level. The goal is to complete the distance of a marathon within a thirty day time period... Less than one mile a day.

# MARATHON IN A MONTH



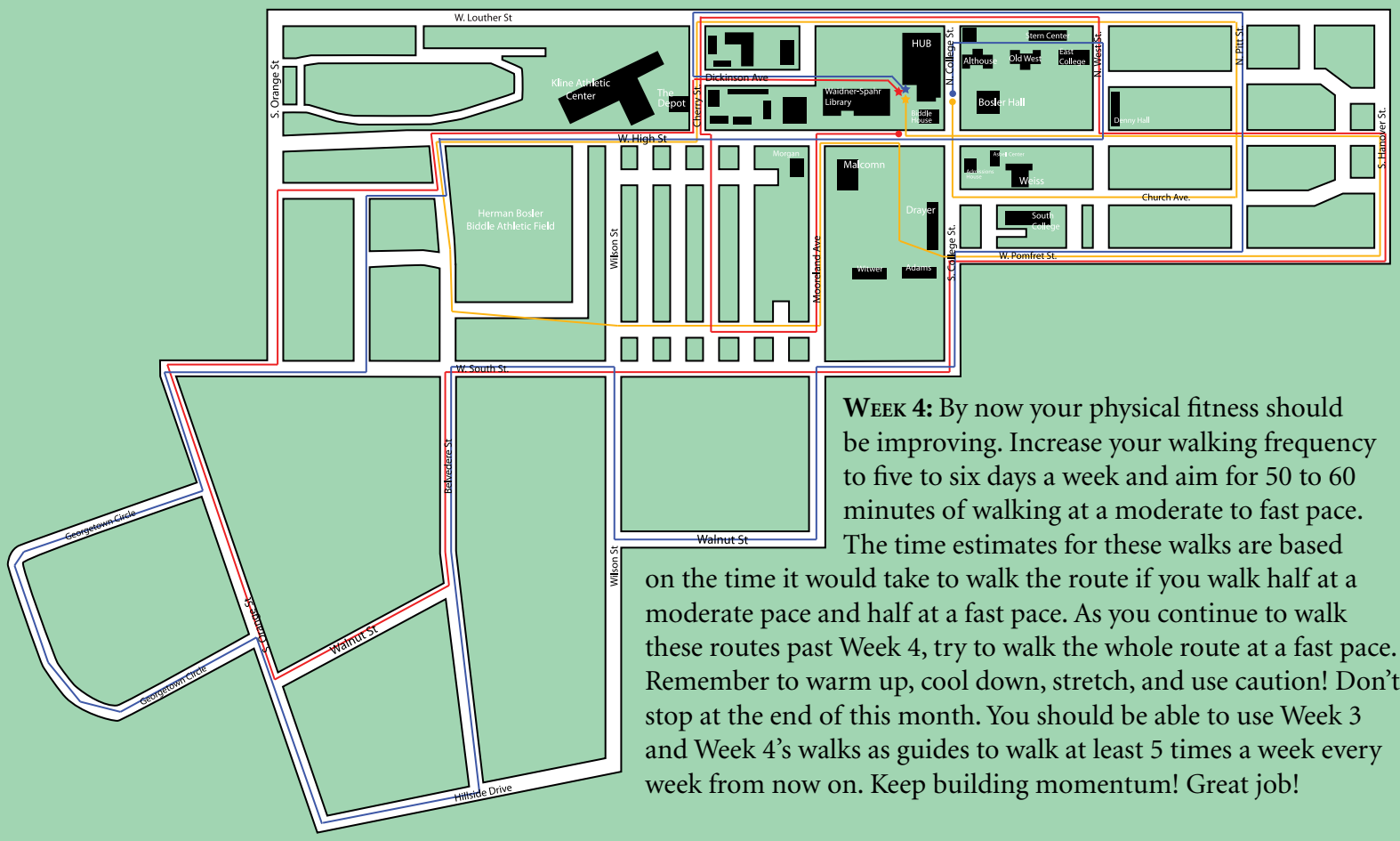
Human Resource Services

# Dickinson

**WALK #1:** (3.22 miles, 48 minutes)  
 Start at the HUB perform your warm-up walk down High Street until you reach North West Street. Continue walking on High Street at a *Fast Pace* and follow the rest of the walk. Do your best to keep up your pace, but your pace could be anywhere from a *Moderate Pace* to a *Fast Pace* for the rest of the walk.

**WALK #2:** (4.02 miles, 60 minutes)  
 Warm up walk from the HUB to the Kline Center. Do your best to keep up your pace, but your pace could be anywhere from a *Moderate Pace* to a *Fast Pace* for the rest of the walk.

**WALK #3:** (4.63 miles, 68 minutes)  
 Warm up walk from the HUB to the Kline Center. Do your best to keep up your pace, but your pace could be anywhere from a *Moderate Pace* to a *Fast Pace* for the rest of the walk.



**WEEK 4:** By now your physical fitness should be improving. Increase your walking frequency to five to six days a week and aim for 50 to 60 minutes of walking at a moderate to fast pace. The time estimates for these walks are based on the time it would take to walk the route if you walk half at a moderate pace and half at a fast pace. As you continue to walk these routes past Week 4, try to walk the whole route at a fast pace. Remember to warm up, cool down, stretch, and use caution! Don't stop at the end of this month. You should be able to use Week 3 and Week 4's walks as guides to walk at least 5 times a week every week from now on. Keep building momentum! Great job!

**WALK #3:** (3.02 miles, 48 minutes)  
 Start at the HUB and do your warm-up walk on High Street and South College Street until you reach Pomfret Street. Alternate walking 1 minute at a *Moderate Pace* with 1 minute at a *Fast Pace* for 38 minutes. Finish with a 5 minute cool down walk at a *Brisk to Moderate Pace*.

**WALK #2:** (2.93 miles, 45 minutes)  
 Start at the HUB and do your warm up walk down High Street until you reach Conway Street. Alternate walking 1 minute at a *Moderate Pace* with 1 minute at a *Fast Pace* for 35 minutes. Finish with a 5 minute cool down walk at a *Beginner to Moderate Pace*.

**WALK #1:** (2.54 miles, 40 minutes).  
 Warm up walk from the HUB to the Kline Center (.2 miles, 5 minutes). Alternate walking 1 minute at a *Moderate Pace* with 1 minute at a *Fast Pace* for 30 minutes. Finish with a 5 minute cool down walk at a *Beginner to Moderate Pace*.

**WEEK 3:** Its time to learn how to perform interval walks! Alternating your pace increases the calories you burn and tones your legs, increases your endurance, and strengthens your heart and lungs. Increase your walking frequency to 4-5 times a week. Your new goal is to alternate between a moderate and fast pace every minute during your walk.

For a list of upcoming Wellness Events, please look online in Totara via the Gateway, or view Vitality.

