

Step Out: Walk to Stop Diabetes Training Plan

It's easier to make healthy lifestyle changes one step at a time – over months and years. Think about a few things you are ready, willing and able to change. Then set your goals. For each goal, think about four things:

- 1) How long will you try this goal? Keep it short.
- 2) Is it easy to do in your regular daily life? Be realistic.
- 3) Is it limited in scope? Be specific.
- 4) How often will you do this? Make a plan.

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|----------------------------|-------------|----------------------------|------------------------|--------|------------------|---------------|
| 1 | Strength or Cross Training | 10 min walk | Strength or Cross Training | 10 min walk with hills | Rest | 1.0 mile walk | Rest |
| 2 | Strength or Cross Training | 10 min walk | Strength or Cross Training | 10 min walk with hills | Rest | 1.25 mile walk | Rest |
| 3 | Strength or Cross Training | 15 min walk | Strength or Cross Training | 15 min walk with hills | Rest | 1.5 mile walk | Rest |
| 4 | Strength or Cross Training | 15 min walk | Strength or Cross Training | 15 min walk with hills | Rest | 1.75 mile walk | Rest |
| 5 | Strength or Cross Training | 20 min walk | Strength or Cross Training | 20 min walk with hills | Rest | 2.0 mile walk | Rest |
| 6 | Strength or Cross Training | 20 min walk | Strength or Cross Training | 20 min walk with hills | Rest | 2.25 mile walk | Rest |
| 7 | Strength or Cross Training | 25 min walk | Strength or Cross Training | 25 min walk with hills | Rest | 2.5 mile walk | Rest |
| 8 | Strength or Cross Training | 25 min walk | Strength or Cross Training | 25 min walk with hills | Rest | 2.75 mile walk | Rest |
| 9 | Strength or Cross Training | 30 min walk | Strength or Cross Training | 30 min walk with hills | Rest | 3.0 mile walk | Rest |
| 10 | Strength or Cross Training | 30 min walk | Strength or Cross Training | Rest | Rest | 5 km walk | Rest & Enjoy! |

This Step Out: Walk to Stop Diabetes training plan can help you meet your goal. The plan is designed to help you walk a 5K (3.1 miles) in 10 weeks. The walking program has been developed for those who have not been doing any structured fitness walking currently. Please consult your health care provider before beginning any fitness training program.

Start your own team. Register today at stepout.diabetes.org.

Strength Training

Resistance training will improve your walking fitness as well as your general conditioning level. We recommend you do some form of resistance training at least twice a week. This can be a full body workout if it's twice a week or it could be focused on certain body parts if you do more than two days a week. Use moderate resistance so you can keep your repetitions up to 15 or more per set and keep your rest to a minimum moving from one exercise to the next quickly (circuit training). This workout can be 20-60 minutes long depending on your current fitness level. Functional strength exercises that use your body weight are recommended over machines or other resistance equipment whenever possible. Always warm-up lightly for 5 minutes before doing any strength training and be sure to stretch for 5 minutes afterward. Walking or riding a stationary bike are both great warm-up options.

Cross Training

Anything other than walking. Riding a bike is probably the best cross training for walking or running because it uses the same muscles

in a very different way which allows them to develop more completely and resist injury better. Do something that is low to no impact. Swimming is another excellent choice for cross training for walking.

Walking Intensity

This is highly dependent upon your current fitness level. We recommend you simply maintain a steady comfortable pace throughout.

Walk with Hills

Hill training develops walking specific strength and improves your overall fitness. If possible, simply walk on hilly terrain on these days or use a treadmill on a 2-6% incline for 1-3 minutes at a time with equal amounts of walking on no incline between simulated hills.

Rest

A day with no exercise to let your body catch up with the great training you have done. A total body stretch would be great on your rest days.

