



Training Routines

For a successful walk, you may want to start a training regimen. There are many training plans from which to choose. Of course, you should check with your doctor before starting any training program. Adapting a pre-walk training schedule might help to make the best of your 25-mile journey.

We recommend you research long-distance walking sites on the internet to find helpful tips and information for the distance we are preparing to walk such as, www.verywellfit.com/training-for-long-distance-walks-3432768. Here you will find information for beginners, training tips for those of you who are more advanced, proper stretching, etc. You may also want to get advice from an athletic trainer to create your personal training regimen.

We would also suggest finding a good training partner, someone who will commit to walking those miles with you. If you listen to music through headphones or earbuds for your training, remember to keep the volume low so you can hear oncoming traffic. Also, please wear highly visible clothing while you are out training; if you plan to train after dark, consider investing in reflective clothing that will help keep you safe.

We hope you will find this information to be helpful in creating your training program.