

Quad-City Times Bix 7 Walkers

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3 Cross-training	4	5 Hill training	6	7 1 mi	8	9 2 mi
10 Cross-training	11	12 Hill training	13	14 2 mi	15	16 3 mi
17 Cross-training	18	19 Hill training	20	21 2-3 mi	22	23 3.5 mi
24 Cross-training	25	26 Hill training	27	28 2-3 mi	29	30 4 mi
31 Cross-training						

Cross-training

Walk or participate in another form of exercise today. Swimming and cycling are great examples of low impact aerobic activities. Cross-training days should be easy days!

Hill Training

The Bix is full of hills so make sure you are incorporating elevation change into your training. On these walks, pick a route with hills, use the incline on a treadmill or do repeats on a hill or flights of stairs. These days should feel more challenging!

Long Walks

The longest weekly mileage is either scheduled on Saturdays or Thursdays (Bix at 6) throughout the program. The mileage gradually increases to get you to the full 7 miles.

Rest Days

Incorporate 2-3 rest days throughout the week to make sure you are recovering between walks. If you need to rearrange the training program to better match your schedule, make sure you are still including rest days between workouts.

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June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Hill training	3	4 3-4 mi	5	6 4.5 mi
7 Cross-training	8	9 Hill training	10	11 Bix at 6 (5 mi)	12	13 3-4 mi
14 Cross-training	15	16 Hill training	17	18 Bix at 6 (5.5 mi)	19	20 3-4 mi
21 Cross-training	22	23 Hill training	24	25 Bix at 6 (6 mi)	26	27 3-4 mi

28 Cross-training	29	30 Hill training				
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Quad-City Times Bix 7 Walkers

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 4-5 mi	3	4 6-7 mi
5 Cross-training	6	7 Hill training	8	9 Bix at 6 (full 7 mi)	10	11 4-5 mi
12 Cross-training	13	14 Hill training	15	16 4-5 mi	17	18 5-6 mi
19 Cross-training	20	21 3-4 mi	22	23 2-3 mi	24	25 BIX!

26	27	28	29	30	31	