

Prairie Farms Quick Bix Walkers

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3 Cross-training	4	5 Easy walk 5-10 minutes	6	7 Easy walk 5-10 minutes	8	9 Walk 10-15 minutes
10 Cross-training	11	12 Easy walk 5-10 minutes	13	14 Easy walk 10-15 minutes	15	16 Walk 10-15 minutes
17 Cross-training	18	19 Hill training	20	21 Easy walk 10-15 minutes	22	23 Walk 15-20 minutes
24 Cross-training	25	26 Hill training	27	28 Easy walk 15-20 minutes	29	30 Walk 15-20 minutes
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. These walks should be at a more brisk pace and you should be breathing a little harder.

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.

Prairie Farms Quick Bix Walkers June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Hill training	3	4 Easy walk 15-20 minutes	5	6 Walk 20-25 minutes
7 Cross-training	8	9 Hill training	10	11 Bix at 6 (1 mile walk)	12	13 Walk 20-25 minutes
14 Cross-training	15	16 Hill training	17	18 Bix at 6 (1.5 mile walk)	19	20 Walk 25-30 minutes
21 Cross-training	22	23 Hill training	24	25 Bix at 6 (2 mile walk)	26	27 Walk 25-30 minutes

28 Cross-training	29	30 Hill training				
----------------------	----	---------------------	--	--	--	--

Prairie Farms Quick Bix Walkers

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Easy walk 20-25 minutes	3	4 Walk 30-35 minutes
5 Cross-training	6	7 Hill training	8	9 Bix at 6 (2 mile walk)	10	11 Walk 35-40 minutes
12 Cross-training	13	14 Hill training	15	16 Easy walk 20-25 minutes	17	18 Walk 40 minutes
19 Cross-training	20	21 Walk 20 minutes	22	23 Easy Walk 30 minutes	24	25 BIX!
26	27	28	29	30	31	

