

WALKING WARRIORS GOALS FOR A SUCCESSFUL TRAINING WALK

Preventing Blisters:

- Find the right shoes to eliminate sources of rubbing in your shoes.
- Keep your feet cool and dry by changing your socks; wear wicking socks (no cotton).
- Be alert for hot spots that will turn into blisters if not treated.
- Carry moleskin and Body Glide

Stretching:

- Stretch for ten minutes after warming up at the start of walking.
- Stretch every 3-4 miles into the walk.
- Stretch for ten minutes after walking and the next day after walking
- Sneak in a stretch at the traffic stops.

Pace:

- Know your pace.
- Never walk alone.
- Walk with those within your pace range.
- If you miss the training, cover the miles that

Hydration:

- Hydrate a day before, during, and a day after the walks.
- Don't use high-caffeine energy drinks.
- Carry water (drink a full 12-16 ounce bottle every 3-4 miles).
- Sports drinks and electrolyte can be used to replace the salt lost by sweating.
- Use restrooms during water breaks.

Energy Replacement:

- High protein snacks
- Energy Gels (Bolts/ Cliff Shots)
- Energy Bars (100-150 calories at a time).
- Trail Mix

Clothing:

- Dress in layers.
- Bring wet weather gear.
- Bring Fanny pack or back pack with water, snacks, extra socks, gear, medications needed, body glide, moleskin, cell phone, medical information, and ID.

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WALKING WARRIORS

2020 TRAINING WALK SCHEDULE

Date	20- Miles	10- Miles	
Sat, Feb 08 '20	4	2	
Sat, Feb 15 '20	4	2	
Sat, Feb 22 '20	6	3	
Sat, Feb 29 '20	6	3	
Sat, Mar 07 '20	8	4	
Sat, Mar 14 '20	10	5	
Sat, Mar 21 '20	12	6	
Sat, Mar 28 '20	14	7	Rock and Roll 1/2 Marathon
Sat, Apr 04 '20	14	7	
Sat, Apr 11 '20	16	8	Passover/Easter Weekend
Sat, Apr 18 '20	16	8	
Sat, Apr 25 '20	8-10	6-8	Lunch & Shirt Distribution
Sat, May 02 '20	20	10	Walk Day