

Breast Cancer 3-Day Walks

Wendy's Suggested Training Schedule

Goal: By the time you start the Breast Cancer 3-Day, you should be comfortable walking two days 15-20 miles back to back.

Pre-requirements: You can complete a 6 mile walk comfortably. If not, back up to the [Absolute Beginners Tutorial](#) or use the 10-Week [Walk of Life Program](#). It is also recommended that you have a physical exam and discuss with your medical provider your plans to walk this event. Consult with your Breast Cancer 3-Day Walk Coach for individualized schedules and advice.

Weekly Schedule

- Tuesday, Thursday: walk for an hour (3-4 miles).
- Monday, Wednesday, Friday: Days off.
- Saturday and Sunday: Mileage building days (you may shift this to other days of the week, but keep them adjacent).
- If you are used to walking an hour a day, continue to do so, but build in a rest day after your two long days.
- This schedule varies mileage-building weeks with base mileage weeks, to allow a steady build-up of mileage with less risk of injury.
- Then final 3 weeks are your taper - it gives the body time to convert its muscle fibers over from slow-twitch to fast-twitch, with excellent gains in performance.

| Week # | Mon. | Tue. | Wed. | Thur. | Fri. | Sat. | Sun. | Total |
|--------|------|------|------|-------|------|------|------|-------|
| 1 | Off | 3 | Off | 3 | Off | 6 | 6 | 18 |
| 2 | Off | 3 | Off | 3 | Off | 6 | 8 | 20 |
| 3 | Off | 4 | Off | 4 | Off | 8 | 6 | 22 |
| 4 | Off | 4 | Off | 4 | Off | 8 | 8 | 24 |
| 5 | Off | 4 | Off | 4 | Off | 10 | 6 | 24 |
| 6 | Off | 4 | Off | 4 | Off | 10 | 8 | 26 |
| 7 | Off | 4 | Off | 4 | Off | 10 | 10 | 28 |
| 8 | Off | 4 | Off | 4 | Off | 12 | 6 | 26 |
| 9 | Off | 4 | Off | 4 | Off | 12 | 8 | 28 |
| 10 | Off | 4 | Off | 4 | Off | 12 | 10 | 30 |
| 11 | Off | 4 | Off | 4 | Off | 12 | 12 | 32 |
| 12 | Off | 4 | Off | 4 | Off | 14 | 6 | 28 |
| 13 | Off | 4 | Off | 4 | Off | 14 | 10 | 32 |
| 14 | Off | 4 | Off | 4 | Off | 14 | 14 | 36 |
| 15 | Off | 4 | Off | 4 | Off | 16 | 6 | 30 |
| 16 | Off | 4 | Off | 4 | Off | 16 | 10 | 34 |
| 17 | Off | 4 | Off | 4 | Off | 16 | 14 | 38 |
| 18 | Off | 4 | Off | 4 | Off | 16 | 16 | 44 |
| 19 | Off | 4 | Off | 4 | Off | 10 | 10 | 28 |
| 20 | Off | 4 | Off | 4 | Off | 18 | 10 | 36 |
| 21 | Off | 4 | Off | 4 | Off | 18 | 14 | 38 |
| 22 | Off | 4 | Off | 4 | Off | 18 | 18 | 42 |
| 23 | Off | 4 | Off | 4 | Off | 10 | 10 | 28 |
| 24 | Off | 4 | Off | 4 | Off | 20 | 10 | 38 |

| | | | | | | | | |
|----|-------------------|---|-----|---|-----|----|---|----|
| 25 | Off | 4 | Off | 4 | Off | 6 | 6 | 20 |
| 26 | Off | 4 | Off | 4 | Off | 10 | 6 | 22 |
| 27 | Off | 4 | Off | 4 | Off | 10 | 6 | 22 |
| 28 | 3-Day Walk | | | | | | | |

Keep track of your mileage, how you feel, what you wore, speed, what you ate and drank. Use one of our [Calendars, Logs, and Trackers](#).

[3-Day Heat Safety](#)

Don't become a statistic - know when to stop. this is the single biggest reason for getting hospitalized during an Avon 3-Day Walk