

Training Plan

Here's the 100% sure-fire way to train for the Bigfoot. Follow the weekly chart, chalk up the miles, chuck out the fat and walk your way to success!

Check off the distance each week. Note down what worked and what didn't. If one week went well then copy what you did. It might be getting to bed early, trying a new diet, taking an energy drink or walking in a group.

WEEK	WEEKDAYS	WEEKEND	TOTAL	NOTES
1	two 1-mile walks *	–	2	
2	three 1-mile walks *	–	3	
3	two 2-mile walks *	–	4	
4	two 3-mile walks *	5-mile walk *	11	
5	two 4-mile walks *	5-mile walk *	13	
6	three 3-mile walks *	6-mile walk *	15	
7	three 4-mile walks *	8-mile walk *	20	
8	two 5-mile walks *	10-mile walk *	20	
9	three 5-mile walks *	12-mile walk *	27	
10	two 6-mile walks *	15-mile walk *	27	
11	two 2-mile walks *	one BIGFOOT	22	
total in 11 weeks			164	

N.B. We strongly advised you consult your doctor before starting a new training regime. This chart can also be downloaded from www.bigfootwalk.com