



ATHLETE

# WALKING 1.0 EBOOK

**4 WEEKS**

*3-4 DAYS PER WEEK*

EQUIPMENT NEEDED: NONE

# **OVERVIEW**

Welcome to the Mayhem Athlete Walking 1.0 Program. We are glad you joined us on this 4-week journey.

You likely chose this program because you want to build exercise habits and start moving your body in a way that will cultivate a healthier life. This program is going to build foundations that are necessary to help you progress from your current lifestyle to an improved lifestyle where you can confidently complete four 15-minute walks each day.

## **IN THIS EBOOK YOU WILL FIND:**

- An Overview Calendar
- 4 Weekly Overviews
- Daily Workouts with a note section for you to write how you felt, how far you went or any other metric you desire to track.

When you are finished with this E-book, we believe that if you have followed along as prescribed, you will be able to move on to our Walking 2.0 Program which progresses you to add in fast walks and jogs.



# WALKING CALENDAR

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

W1-DAY 1	W1-DAY 2	W1-DAY 3	W1-DAY 4	W1-DAY 5	W1-DAY 6
Walk 5-10 minutes *Doesn't have to be in one sitting. For example, 2 sets of 5 minute walks, one in the morning & one in the evening counts. This can be applied to all walks.	REST	WALK 5-10 MINUTES	REST	WALK 5-10 MINUTES	WALK 5-10 MINUTES
W2-DAY 1	W2-DAY 2	W2-DAY 3	W2-DAY 4	W2-DAY 5	W2-DAY 6
WALK 5-10 MINUTES	REST	WALK 5-10 MINUTES	REST	WALK 5-10 MINUTES	REST
W3-DAY 1	W3-DAY 2	W3-DAY 3	W3-DAY 4	W3-DAY 5	W3-DAY 6
WALK 10-15 MINUTES	5 SETS: Walk 2:00 Power Walk :30 Rest :30	REST	2 SETS: 5:00 easy walk 2:00 moderate walk 3:00 easy walk - Rest 2:00 b/t sets if needed -	WALK 10-15 MINUTES	REST
W4-DAY 1	W4-DAY 2	W4-DAY 3	W4-DAY 4	W4-DAY 5	W4-DAY 6
WALK 10-15 MINUTES	8 SETS: 2:00 easy walk 1:00 moderate walk :30 fast walk - Rest :30 b/t sets if needed -	REST	6 SETS: 3:00 easy walk 1:00 fast walk	WALK 10-15 MINUTES	REST NOW START WALKING 2.0 PROGRAM

# WEEK 1

You've done it! The hardest step is often the first one. That is awesome you've committed to start and here you are! This first week is primarily going to focus on building the habit of carving out 5-10 minutes each day to intentionally go on walks.

You may accumulate the total time in a way that works best for you - whether that is one long 10 minute walk or 2 sets of 5 minutes each, at different times of the day. If you aren't quite comfortable going for a full 10 minutes - set a timer and go for a walk anywhere from 5-9 minutes.

We recommend writing down how long you chose and the way you broke it up in the designated note section of the Ebook.

***REMEMBER: Be kind to yourself this week. This is new and can be challenging - but you and your future self are worth the challenge.***



# WEEK 1

<b>MONDAY / W1-DAY 1</b>	<b>NOTES</b>
Walk 5-10 minutes *Doesn't have to be in one sitting. For example, 2 sets of 5 minute walks, one in the morning & one in the evening counts. This can be applied to all walks.	<hr/> <hr/> <hr/>
<b>TUESDAY/ W1-DAY 2</b>	<b>NOTES</b>
REST	<hr/> <hr/> <hr/>
<b>WEDNESDAY/ W1-DAY 3</b>	<b>NOTES</b>
WALK 5-10 MINUTES	<hr/> <hr/> <hr/>
<b>THURSDAY/ W1-DAY 4</b>	<b>NOTES</b>
REST	<hr/> <hr/> <hr/>
<b>FRIDAY/ W1-DAY 5</b>	<b>NOTES</b>
WALK 5-10 MINUTES	<hr/> <hr/> <hr/>
<b>SATURDAY/ W1-DAY 6</b>	<b>NOTES</b>
REST	<hr/> <hr/> <hr/>

# **WEEK 2**

Congrats!!! You made it through your first week of the program. Consistency is key to building these foundational habits.

This week looks identical to the first week, but our focus is going to be slightly different. If you chose to do shorter (less than 10 minute) walks last week, we encourage you to try to walk at least 1 minute longer this week. If you went the full 10 minutes last week, see if you can go further (in distance) during the 10 minutes this week.

***REMEMBER:*** Habits are easier to build when you have an accountability partner. We encourage you to find 1 person to go on these walks with - even if it's a different person each time.



# WEEK 2

<b>MONDAY / W2-DAY 1</b>	<b>NOTES</b>
WALK 5-10 MINUTES	<hr/> <hr/> <hr/>
<b>TUESDAY/ W2-DAY 2</b>	<b>NOTES</b>
REST	<hr/> <hr/> <hr/>
<b>WEDNESDAY/ W2-DAY 3</b>	<b>NOTES</b>
WALK 5-10 MINUTES	<hr/> <hr/> <hr/>
<b>THURSDAY/ W2-DAY 4</b>	<b>NOTES</b>
REST	<hr/> <hr/> <hr/>
<b>FRIDAY/ W2-DAY 5</b>	<b>NOTES</b>
WALK 5-10 MINUTES	<hr/> <hr/> <hr/>
<b>SATURDAY/ W2-DAY 6</b>	<b>NOTES</b>
REST	<hr/> <hr/> <hr/>

# WEEK 3

WOAH – WE'RE HALFWAY THERE!

It's week 3 and we are changing things up a bit.

We will start and end the week with 10-15 minute walks, a bit longer than we have previously been doing and will be changing up our rest days and adding in an additional walk.

For these longer walks, focus on going longer than you did the past 2 weeks. If you want to try to add a full 5 additional minutes - great. If you only feel comfortable adding 2-3 minutes, that's fine too.

You will also notice that 2 of our walks this week begin to incorporate different speeds. Everyone's power walk, easy walk and moderate walk are going to look different, so use this week to experiment what those speeds feel like for you.

***REMEMBER: The 3rd week of any new thing is going to be the toughest week mentally. Stay focused on why you started. YOU GOT THIS! Keep going!***





# WEEK 3

MONDAY / W3-DAY 1	NOTES
WALK 10-15 MINUTES	<hr/> <hr/> <hr/>
TUESDAY/ W3-DAY 2	NOTES
5 SETS: Walk 2:00 Power Walk :30 Rest :30	<hr/> <hr/> <hr/>
WEDNESDAY/ W3-DAY 3	NOTES
REST	<hr/> <hr/> <hr/>
THURSDAY/ W3-DAY 4	NOTES
2 SETS: 5:00 easy walk 2:00 moderate walk 3:00 easy walk - Rest 2:00 b/t sets if needed -	<hr/> <hr/> <hr/>
FRIDAY/ W3-DAY 5	NOTES
WALK 10-15 MINUTES	<hr/> <hr/> <hr/>
SATURDAY/ W3-DAY 6	NOTES
REST	<hr/> <hr/> <hr/>

# **WEEK 4**

It's the last week of the Walking 1.0 Program and we are pumped you have made it this far. We know that you have been pushing your mental and physical boundaries and growing a fitness foundation that will last a lifetime.

Last week, we saw different speeds of walking and you should know how YOUR easy, moderate and fast feel. This week our 2 days of walking speeds have a little bigger sets.

***REMEMBER:*** *This is only the beginning for you. You are ready to rock this last week and dive into the Walking 2.0 Program*



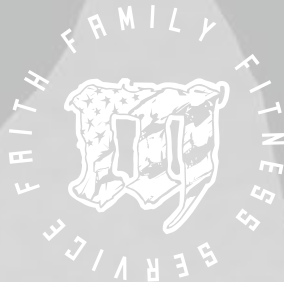
# WEEK 4

<b>MONDAY / W4-DAY 1</b>	<b>NOTES</b>
WALK 10-15 MINUTES	<hr/> <hr/> <hr/>
<b>TUESDAY/ W4-DAY 2</b>	<b>NOTES</b>
8 SETS: 2:00 easy walk 1:00 moderate walk :30 fast walk - Rest :30 b/t sets if needed -	<hr/> <hr/> <hr/>
<b>WEDNESDAY/ W4-DAY 3</b>	<b>NOTES</b>
REST	<hr/> <hr/> <hr/>
<b>THURSDAY/ W4-DAY 4</b>	<b>NOTES</b>
6 SETS: 3:00 easy walk 1:00 fast walk	<hr/> <hr/> <hr/>
<b>FRIDAY/ W4-DAY 5</b>	<b>NOTES</b>
WALK 10-15 MINUTES	<hr/> <hr/> <hr/>
<b>SATURDAY/ W4-DAY 6</b>	<b>NOTES</b>
REST	<hr/> <hr/> <hr/>

NOW START  
***WALKING 2.0***  
***PROGRAM***



**MAYHEM  
EVERYDAY  
ATHLETE**



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