

Journey 30

Athlete Walker/Hiker – NEXT UP



Walking Connection – Journey 30, Walk and Hike Guide



CONGRATULATIONS!

Welcome to Journey 30, your 30-day Walk and Hike Guide. For over 3 decades the Walking Connection has been an innovator in creating walking wellness, hike and fitness walking training, Racewalking information, hike guide training manuals and Grand Canyon hiking and trail risk management programs. We have developed and sold activity-based travel itineraries in over 20 countries around the world. More than 6000 people have utilized our training programs to achieve their personal goals.

Welcome To Journey 30, our newest Walk and Hike motivation for 2020!

WalkingConnection.com/Journey30

ImIn! A Facebook Group of walking and hiking enthusiasts from across the globe! See and share your pictures, read stories and tell yours. I'm In is your commitment to yourself to get and stay active and share it with friends!

Journey 30 leads you on a personal quest that begins right at your doorstep and takes you wherever you want to go. Enjoy the adventure!

Here's how it works:

FIRST things first! Get expert advice from your healthcare pro and do what they tell you. Secondly, put on your most comfortable walking, running shoes or hiking boots. Get your hydration bottle or bladder, appropriate weather gear and phone, then head out for your first journey. REMEMBER your currently recommended anti-virus transmission gear. FOLLOW YOUR LOCAL DISTANCING RULES.

Start out on your road, path or sidewalk with an open mind. Keep it simple. You never know what you'll see when you go for a walk! As you head out, choose the total amount of time you plan to walk or hike. Walk or hike for ½ of your total time. Stop. Turn around and walk home. **Day One accomplished.** Remember, [10 Minutes Counts](#). Day Two is next!

This journey is offered as a guide to help YOU be active. If you already participate in an exercise program and maintain an active lifestyle, make adjustments as necessary to fit it into your current routine. Remember that building endurance and consistency are key! The single biggest challenge that most of our participants face is not just what to do, but rather to find the time, motivation and drive to stay active and walk regularly.

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Journey 30 – Athlete Walker/Hiker – Daily Guide

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1		Self-Paced Walk/Hike 45 min	HIIT Workout 30 min	Self-Paced Walk/Hike 1 hour	Cross-Training	Incline Walk 30 min	Long Hike 2 hours
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
2	Easy Walk	Self-Paced Walk/Hike 45 min	Incline Walk 30+ min	Self-Paced Walk/Hike 1 hour	Cross-Training	HIIT Workout 30 min	Long Hike 2 - 3 hours
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
3	Easy Walk	Self-Paced Walk/Hike 1 hour	HIIT Workout 30+ min	Self-Paced Walk/Hike 45+ min	Cross-Training	Incline Walk 30 min	Long Hike 3 hours
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
4	Easy Walk	Self-Paced Walk/Hike 1 hour	Incline Walk 45 min	Self-Paced Walk/Hike 1 - 2 hours	Cross-Training	HIIT Workout 30 min	Long Hike 3+ hours
	Day 29	Day 30					
5	Easy Walk	Self-Paced Walk/Hike 1 - 2 hours	Well DONE! Reward yourself!	KEEP IT GOING! (Day 32?)	KEEP IT GOING! (Day 33?)	Next!	30 More Days?

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Walks and Hikes Defined:

Easy Walk: Rest your body, avoid strenuous exercise or activity. It is vital to allow the muscles a day to rest and rebuild after all the work that you are doing throughout the week. If you would like to commit to walking every day, we recommend doing a 30-minute casual walk on your easy day.

Self-Paced Walk/Hike (or Run): Focus on a speed at which you can maintain regular breathing patterns and could hold a conversation. Work toward a constant comfortable aerobic pace for the entire workout. It is not necessary to incorporate heavy inclines in your Self-Paced walking workouts.

Incline Workout: Head for the hills! Hike up and down inclines, focusing on maintaining a consistent pace uphill and a controlled pace downhill. If you do not have inclines available look for an opportunity to walk up and own a staircase. If on a treadmill use the incline setting.

HIIT: High Intensity Interval Training is a highly effective way of building your fitness. HIIT workouts generally combine short bursts of intense exercise with periods of rest or lower-intensity exercise. After warming up, alternate your speed of less intense walking to short bursts of high intensity reaching at least 80% of your maximum capacity.

Cross-Training: Use today to do another activity of your choice depending on how you are physically feeling. Bike, swim, yoga, an online class or participate in other physical activities you already enjoy. If you would like to commit to walking every day, we recommend to add a 10-30 minute walk on cross training day.

Long Hike: Building consistency and endurance are essential parts of your journey. Steadily increasing the amount of time you can comfortably walk will help you build confidence. **These days might be challenging, but don't cheat yourself by skimping on this vital activity.** Check out local trails, boardwalks, and bike paths throughout the 30-day journey. Change it up and keep it interesting. Plan your outings to increase the distance until you can walk 1-hour comfortably.

As you walk, take the "Talk Test." Walk fast enough to get your blood pumping and heart rate up, but not so fast that you can't carry on a conversation with someone who is at least 6 feet from you. Gain momentum as you go through your plan by adding longer walks, varied terrain and rolling hills.

We know that some of you may be longtime runners, some of you prefer to walk for your daily fitness regime and still others prefer a combination of aerobic workouts and weight training in the gym. All are great ways to prepare yourself so long as you actually get up, out and do them every day. Consistency is the key.

Even if you are unable to take the time to fully follow the scheduled times/distances, make sure you walk at least 20 - 30 minutes every day to keep the consistency going. Once you reach 10 or 20 days in a row, you will be more highly motivated to continue, if for no other reason than to just avoid the dreaded "Day One" all over again if you are on a streak of walking every day.

You are invited to join [lmln](#), our Facebook community that includes people from all over the world that like to be active. This is a place to post where you go for a hike or walk, what you see and even the friends you make along the way.

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