



TRAINING REGIMEN

STEPS FOR HOPE TRAINING REGIMEN ADVENTURE START TODAY!

We hope you are planning to join us for STEPS FOR HOPE on July 12th! To help get you ready for the day here are some fun ideas to “train” ahead of time for the walk!



STEP 1 — READY!

Register! Make sure you’re registered to walk with us on July 12th or participate virtually!

JOIN A STEPS FOR HOPE TEAM! Track your weekly training progress with your teammates:

- o Set some fun team goals and even challenge other teams.
- o Set up a Facebook group for your team and share fun pics and milestones--tag CSC!
- o Schedule some virtual happy hours with your team to check in on your progress!

Register on our Steps For Hope page: www.cancersupportstl.org/events/steps-for-hope-walk



STEP 2 — SET!

Kick-off! Get amped up and ready to kick-off your own STEPS FOR HOPE training!

- o Help Cancer Support Community build the **2020 STEPS FOR HOPE playlist** or curate your own — include songs that have “walk” or “run” in the title — or simply those tunes that get you “on your feet and moving”!

Send your suggestions to info@cancersupportstl.org to be included in the CSC playlist



STEP 3 — GO!

Get on your feet and let’s get started! Let’s train for STEPS FOR HOPE!

- o Set a goal for your steps daily, weekly or total steps leading up to July 12 — invite your friends and family to train with you!
- o Design your own training course to follow — inside, outside, treadmill or on the stairs — get moving today and you’ll be ready for July 12!

Sample courses can be found on our Training Regimen Facebook event or our website!

- o Share your training adventures with us!

Send your stories and pictures to info@cancersupportstl.org or post on Facebook!

TIPS TO BE SAFE & COMFY:

- Wear comfy shoes and clothing and dress in layers to match the weather.
- Walk outdoors, indoors, or on a treadmill. Encourage the family and pets to join in!
- Fuel up and eat about 30-60 minutes before you start walking and don't forget the water!
 - Take a few minutes to stretch before you start—open with an easy pace.
- Take in the air and the view—take some great pics to share what’s along your route!

STEPS FOR HOPE TRAINING REGIMEN:



Week 1

Weekly total goal: 60 to 75 minutes

- o Start with a daily 15-minute walk at an easy pace.
- o Walk five days the first week. You are building a habit, so be consistent.
- o Spread out your rest days, make day 3 and 6 rest days.

Document your kick-off walk and post selfies on our Facebook page as you complete your first week!



Week 2

Weekly total goal: 75 to 100 minutes

- o Add five minutes a day to build to 20 minutes, five days a week.
- o Be flexible with your schedule and walk more on some days, followed by a rest day.

Tell us what inspires you to take your own STEPS FOR HOPE; send to info@cancersupportstl.org. We'll share!



Week 3

Weekly total goal: 100 to 125 minutes

- o Add five minutes a day to build to 25 minutes, five days a week.
- o Share fun pics and milestones on CSC's Facebook and Twitter pages and your own!

Get excited about the many ways your STEPS FOR HOPE support makes a difference every day in the lives of cancer patients and families to ensure that no one faces cancer alone!



Week 4

Weekly total goal: 125 to 150 minutes

- o Add five minutes a day to build to 30 minutes, five days a week.
- o Try some variety with higher-intensity intervals, speed-building walks, and longer distances.

Look for more fun ways to join our STEPS FOR HOPE activities in your email in the coming weeks and follow everyone's training adventures on Facebook!

Thanks for starting your STEPS FOR HOPE training adventure — have fun!!

TRAINING NOTES:

- Brisk walking offers the best health benefits. It means your breathing is heavier but still able to carry a conversation.
- Walking a 20-minute mile or less is considered moderate intensity. Target heart rate to be 64–76% your max heart rate.
- Be safe; if you experience any difficulty, slow down and be aware of any problems. Seek medical assistance if needed.

