

FREEWALKERS TRAINING PROGRAM FOR KENNEDY 50

GOAL: Seeking individuals who wish to walk 50 miles in a day. Participants in the training program will aim to complete the February 9, 2019 KENNEDY 50 in approximately 15-16 hours.

Methodology: The following would be the basis of the program:

- Distance Training-Participants will progressively increase the distance they can comfortably walk in a day to approximately 30 miles. If one can comfortably walk 30 miles in a day, they have a good chance of completing the 50. (See schedule of training events below)
- Walk Faster- To complete a 50-mile walk in 15 hours, one will have to walk about 3.5 miles an hour. The 50-Mile is not a race. However, the longer one takes to complete the event the tired they will become. Many walkers are used to a 3 MPH pace, so they just need to get walking a bit faster, taking quick breaks and eating on the run.
- Off Weeks- On weeks where you are not participating in a “longer” walk, commit to doing a 10-15 mile walk. Awards will be given to most training miles walked.
- Knowledge-Techniques concerning what to wear, eat, bring with you will be shared.
- Camaraderie-Completing this event can be especially challenging if done by your self. This applies to both the training and the actual event. Hopefully, “The Group” can get you through this by supporting each other. At the conclusion of the program, awards will be given to the most supportive, most improved walkers and most training miles walked.

2018/2019 Schedule of events:

August 11	Penn to Penn	20 miles
Sept 22	Endless Summer	30 miles
Oct 8	Lenape	34 miles
Nov 3	Philly Marathon	26 miles
Nov 23	Gobble Gobble	8 plus, Add on to this walk.
Dec 9 or 16*	Winter Hudson Loop	30 miles
Jan 5*	D&R Towpath	25 quick miles on D&R Towpath
Jan 19	Training Walk X2	32 miles
Feb 9	Kennedy 50	50 Miles

* Tentative events

(For earlier events new walkers would not have to finish the entire distance. One need not attend all events. There are alternative FREEWALKER events and other organized events.)

To get started sign up at EVENTBRITE- KENNEDY50 Training Program

After you register more information will be provided.

Contact Ed Purcell @ ELANDEDPUR@GMAIL.COM for details and questions.