

 **HYUNDAI** PRESENTS

# BOSTON MARATHON® JIMMY FUND WALK

## CELEBRATING 30 YEARS

### 12-WEEK, HALF MARATHON WALK (13.1 MILES) TRAINING SCHEDULE

#### ABOUT THE JIMMY FUND WALK

The Boston Marathon® Jimmy Fund Walk presented by Hyundai raises the most money of any single-day walk in the nation and has raised more than \$125 million for Dana-Farber Cancer Institute's fight against cancer since 1989. In 2017, more than 9,300 participants and 1,000 volunteers took to the Boston Marathon® course and raised more than \$8.5 million.

We look forward to seeing you on **Sunday, September 23, 2018!**

#### TRAINING PROGRAM

Participation in the Boston Marathon Jimmy Fund Walk training program (the "Program") is entirely voluntary. By participating in the Program, you represent and warrant that you are physically fit and healthy to participate in the Program. You agree to use good judgment in all aspects of participation in the Program, to behave appropriately, and to comply with the rules for participation, if any. Participation in the Program may expose you to certain risks, which may include, but are not limited to, injury, illness, death, and damage to self and/or property, whether from exertion, weather conditions, the conditions of the course, vehicular traffic, and contact with other individuals or participants. Participants in the Program assume and take full responsibility for any and all risk of harm, injury, illness, death, or damage to self and/or property that may occur in connection with participation in the Program.

In consideration of your participation in the Program, you hereby, for yourself, and on behalf of your heirs, executors and assigns, waive, release and forever discharge Dana-Farber Cancer Institute ("DFCI"), DFCI's affiliates, and their respective officers, trustees, employees, sponsors, coordinating groups, volunteers, representatives and agents, and all others in any way associated with the Program (collectively, the "Released Parties") from any and all liability, claims, damages or rights of action of whatever nature or description, in equity or at law, present or future, resulting from or relating to your participation in the Program. This means that you will not sue DFCI or any of its affiliated persons or entities, or try to hold them legally or financially responsible, for any harm or injury that might relate to your taking part in the Program.

By participating in the Program, you hereby attest that you have read, fully understand, and agree without exception to all the provisions, releases, and waivers outlined herein. You understand that this is a legally binding document that limits the legal liability of the Released Parties.

#### FOR MORE INFORMATION:

Contact: Rob Hendrickson at  
EM: [RobertM.Hendrickson@dfci.harvard.edu](mailto:RobertM.Hendrickson@dfci.harvard.edu)  
PH: 617-582-8322



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### TRAINING ROUTINE

#### OVERVIEW

The Boston Marathon® Jimmy Fund Walk presented by Hyundai's medical team suggests making every training walk a complete workout by including the following elements in the sequence listed below. Neglecting to do so will make walking more difficult, and increase the risk of injury.

1. Warm up
2. Flexibility exercises
3. Walk
4. Cool down
5. Stretch
6. Additional tips

#### 1. WARM UP

Warming up is exercising at a lower intensity in order to get the blood circulating and to let your body know that you are preparing for more intense exercise. For many of your walks it will only be necessary to warm up for about five minutes. As you progress through your walking program you will need to warm up longer on days your workouts are of a higher intensity.

#### 2. FLEXIBILITY EXERCISES

These exercises are part of your warm up and should be done after you have warmed up with 5 to 10 minutes of easy walking. The faster you plan to walk the more time you will need to dedicate to flexibility exercises. There are many different exercises in this group. Here are a few to try:

**Toe Points:** Stand on one leg and lift the other foot off the floor. Gently point the toe of your foot off the floor and hold for a few seconds. Next flex your foot pointing your toes up. Do this five or ten times on each foot.

**Ankle Circles:** While standing on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do about ten circles in each direction. This exercise can be performed while standing, sitting, or lying on your back with leg raised.

**Overhead Reach:** Stand with your feet hip distance apart. Reach up with one arm and then reach over your head and to the opposite side. Keep your hips steady and your shoulders straight. Relax and repeat with the other side.

**The Twist:** Stand with your feet shoulder width apart and your arms straight out, parallel to the ground. Keep your lower body stationary while swinging your arms from side to side. Do this several times to loosen up your waist, back, and shoulders.

**Arm Circles:** Hold your arms straight out to your side, parallel to the ground. Make small circles going backward, gradually getting larger and larger. Rest for a second and do the same thing in the forward direction.

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### 3. WALK

Now that you have warmed up you should be ready to complete your walk at your normal walking pace. For the first few weeks do not push too hard. Your breathing should be elevated, but you should not be gasping for air. A rule of thumb that works for most people is that if you cannot talk you are walking too fast, and if you can carry a tune you are walking too slow.

### 4. COOL DOWN

At the end of your workout, walk at a slower pace to cool down. The harder you have worked out, the longer you should cool down. In the beginning of your training, your walks are very short and you only need to cool down for a couple of minutes. As your walking time and intensity extends so should your cool down period.

### 5. STRETCH

Take the time to stretch AFTER every workout. In the beginning of your training, stretches should take around 5 minutes. As you increase distance and pace, you will probably need to stretch longer.

#### Important rules for stretching:

- Never stretch cold muscles. The best time to stretch is after your walk.
- If you have problem areas they can be stretched prior to your walk, but only do this after you have warmed up.
- Do not bounce. Go into a stretch slowly and hold gently. Stretch to the point of feeling a gentle pull, but never to the point of pain.
- Hold each stretch for 30 to 40 seconds. If you have troublesome areas, stretch that muscle group twice (hold for 30-40 seconds, release, then stretch again).
- Be sure to stretch all the major muscle groups, and put extra focus on any areas you have trouble with.

Below are a few recommended stretches:

**Calf Stretch #1:** Stand on your toes on a step or curb. Hold on to something for balance. Remove your left foot and slowly allow the right heel to move down. Hold this position. Be sure to keep your body upright and straight. Release and repeat on the other side.

**Calf Stretch #2:** Take a big step forward with your left foot, keeping your right heel on the ground. Hold the position and repeat on the other side. Be sure to keep your body upright and your abs tight, do not arch your back.

**Shin Stretch:** Standing up, hold on to a stationary object. Stand with your weight on one leg and straighten it. Place your other foot on the ground, with toes pointed and your toenails toward the floor. With the tops of your toes touching the ground, roll your foot and leg forward, from the ankle. Release and repeat on the other side.

**Hamstring and Lower Back:** Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.

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**Outer Thigh, Buttocks, and Spine:** While lying on your back bring your right knee up. Place your left hand on your thigh and gently pull it over to your left side. Do not pull at the knee. Your shoulders, left leg, and back should remain flat. Pull gently. Then repeat on the left side.

**Lower Back:** While lying on your back, bring both knees up towards the chest with the hands. Round the lower back and relax into the stretch. Don't do this stretch on a hard surface, it will bruise the spine!

**Quadriceps Stretch:** Standing up, hold on to a stationary object. Bend your right knee, bringing your foot toward your buttocks. Keeping your left knee slightly bent, grasp your right ankle with the opposite hand. Slowly pull your leg up and back, bringing your foot as high as comfortable. Repeat with other leg. (To protect your knee, think of pulling the quads back rather than pulling the foot toward your buttocks.)

**Shoulder Stretch:** Standing upright, cross left arm over chest. Place your right hand on your upper arm and pull arm in tight to chest. Be sure to keep shoulders down and do not pull at the elbow. Hold, and then repeat stretch with other arm.

**Neck Relaxer:** Turn and look over your right shoulder and hold. Repeat on the left side. Don't hyper-extend the neck, or tilt it backwards. Next, gently drop the head so that the ear goes towards the right shoulder and hold. Return to upright position. Repeat forward and on the left side. Keep the spine in an upright position and don't hyper-extend the neck, jerk, or tilt the head backwards.

### 6. ADDITIONAL TIPS

1. Be sure to stay hydrated throughout the entire training routine
2. Ensure proper clothing (including socks and footwear)
3. Dress for the elements (don't forget layers and sunscreen!)
4. Pack snacks for longer training walks

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**JULY**

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
		<b>KICK OFF!</b> 1 MILE or 15 minutes		2 MILES in 40 minutes <i>Easy</i>		<b>CROSS TRAIN</b> 20-30 minutes		1.5 Miles in 40 minutes <i>Easy</i>		<b>CROSS TRAIN</b> 20-30 minutes		2.5 MILES in 45 minutes <i>Moderate</i>	
<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
<b>REST</b>		<b>REST</b>		2.5 MILES in 1 hour <i>Easy</i>		<b>CROSS TRAIN</b> 20-30 minutes		3 MILES in 1 hour <i>Easy</i>		<b>CROSS TRAIN</b> 20-30 minutes		3.5 MILES in 1 hour <i>Moderate</i>	
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
<b>REST</b>		<b>REST</b>		3 MILES in 50 minutes <i>Moderate</i>		<b>CROSS TRAIN</b> 20-30 minutes		4 MILES in 1 hour <i>Brisk</i>		<b>CROSS TRAIN</b> 20-30 minutes		5 MILES in 1:15 hours <i>Brisk</i>	
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
<b>REST</b>		<b>REST</b>		3 MILES in 50 minutes <i>Moderate</i>		<b>CROSS TRAIN</b> 20-30 minutes		4 MILES in 1 hour <i>Brisk</i>		<b>CROSS TRAIN</b> 20-30 minutes		6 MILES in 2 hours <i>Easy</i>	
<b>29</b>		<b>30</b>		<b>31</b>		<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>	
<b>REST</b>		<b>REST</b>		4 MILES in 1:20 hours <i>Moderate</i>		<b>CROSS TRAIN</b> 20-30 minutes		4 MILES in 1:20 hours <i>Moderate</i>		<b>CROSS TRAIN</b> 20-30 minutes		7 MILES in 2 hours <i>Moderate</i>	

**AUGUST**

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
29		30		31		1		2		3		4	
REST		REST		4 MILES in 1:20 hours <i>Moderate</i>		CROSS TRAIN 20-30 minutes		4 MILES in 1:20 hours <i>Moderate</i>		CROSS TRAIN 20-30 minutes		7 MILES in 2 hours <i>Moderate</i>	
5		6		7		8		9		10		11	
REST		REST		4 MILES in 1:20 hours <i>Moderate</i>		CROSS TRAIN 30-40 minutes		4 MILES in 1 hour <i>Brisk</i>		CROSS TRAIN 20-30 minutes		9 MILES in 2:30 hours <i>Brisk</i>	
12		13		14		15		16		17		18	
REST		REST		4 MILES in 1:20 hours <i>Moderate</i>		CROSS TRAIN 30-40 minutes		4 MILES in 1 hour <i>Brisk</i>		CROSS TRAIN 20-30 minutes		8 MILES in 2:15 hours <i>Brisk</i>	
19		20		21		22		23		24		25	
REST		REST		4 MILES in 1:20 hours <i>Moderate</i>		CROSS TRAIN 30-40 minutes		4 MILES in 1 hour <i>Brisk</i>		CROSS TRAIN 20-30 minutes		10 MILES in 3 hours <i>Moderate</i>	
26		27		28		29		30		31		1	
REST		REST		4 MILES in 1:20 hours <i>Moderate</i>		CROSS TRAIN 30-40 minutes		4 MILES in 1 hour <i>Brisk</i>		CROSS TRAIN 20-30 minutes		9 MILES in 2:30 hours <i>Brisk</i>	

