

Ever//Walk[®]



Participant Training Guide
Boston to Cape Elizabeth, ME
Sept 10 – 16, 2017





Welcome to EverWalk

Welcome to EverWalk New England, our second Epic Walk!

Last fall, October 2016, our inaugural walk took us down the Southern California coast, from Los Angeles to San Diego.

This coming fall, September 2017, we again journey 150 miles, this time on the other side of America.

We commit at storied Copley Square in Boston, in front of the Boston Public Library, make our way up the classic Massachusetts and New Hampshire coasts, and to the end along the breathtaking southern reaches of Maine's rocky coastline.

If you earned your Epic stripes with us last year, we are thrilled to walk shoulder to shoulder with you again through New England. If you are new to the EverWalk experience, no matter what distance you choose to go with us, we can promise you an empowering experience of physical achievement, bonding community, and sheer joy to traverse one of our country's most jaw-dropping corridors.

Each day we offer a 5-mile loop (First Legger), a 10-mile to join us through lunch (Half Day Tripper), a single day (Day Tripper, average 20 miles), multiple full days, or the whole enchilada, 7 days, 150 miles, for you Epics.

This guide serves you as a blueprint for training over the summer months, replete with tips and information specific to this route during our time there, mid-September.

If you have questions or comments, please reach us at: info@everwalk.com.

Follow us and connect with your fellow EverWalkers on Facebook, Twitter, and Instagram: @everwalkusa

We are over the moon in anticipation of walking this spectacular stretch of the great outdoors with YOU!

ONWARD!

Diana Nyad & Bonnie Stoll
EverWalk Founders



THE *EverWalk* BASICS

DO NOT UNDERESTIMATE WALKING

Bonnie and I were in great shape when we started walking regularly for the first time, three years ago. BUT, we were not in “walking shape.”

Your cardiovascular system and your larger muscle groups that propel you forward may be ready to put in a lot of walking miles on the road, but it's your feet, your ankles, your Achilles tendons, your knees, and your hips that need practice striking the pavement, before you'll comfortably walk for many hours without injury or pain.



BUILD UP SLOWLY

If you've been running, then you'll already be prepared to walk longer distances than you have been running. But if you've been running, let's say under five miles at a time, and intend to walk more than ten miles at a time, you will definitely need to acclimate to longer hours on pavement. If you've been doing other kinds of exercises - from swimming to cycling to dance to boxing, etc. - first of all, GOOD FOR YOU. But you will find that long walks require a slow build to allow the feet, hips, knees, ankles, and lower back to find their comfort positions and rhythm.

Don't let silly ego dictate what you think you're capable of, before you let the dynamics of walking have a chance to settle in.

Your build should be led by comfort. If you can walk half an hour, every day, back to back days, without any foot or back or ankle or knee or hip joint or calf pain, then you're ready to build to 45 mins, then an hour. Always keep repetitive days of the same time on the road, without any pain at all, your benchmark for moving on to longer periods.

Better that you take a month to get to three hours, for instance, than to start at 3 and have to backtrack while your body heals.

BLISTERS: We found out the hard way ourselves, and from our Los Angeles-San Diego Epic walkers last year, that blisters are THE issue for walkers. More below on shoes, socks, treatment. But it is for the most part hours on pavement that helps to build callouses. As you become a seasoned walker, your blisters should go from frequent to zero.

PACE

EverWalk is not a race. Our mission is to be in the great outdoors, shoulder to shoulder together, with people not necessarily from our same backgrounds, enjoying the freedom and the endorphins that flow with a journey by foot. There's a high to crossing through towns, over rivers, under bridges, on our own steam, on our own feet.

Bonnie and I usually walk at about a 15-minute mile pace when we are walking for 90 minutes or less. Walking more than 90 minutes, we keep the pace between 15 and 16 minutes. Not breakneck, but a pretty good clip.

We have learned that individuality simply cannot be suppressed. For both safety and the sake of all getting to know each other, our dream is for us to form a tight-knit snaking unit. But that point blank won't happen. Some of you are front runners. We know it's not ego. Your legs simply must fly. One of our Epics from the California EverWalk 2016, Marty Kennedy, jokes that she no doubt comes from peasant stock. She would love to linger back in the pack but her legs crank and she zooms down the road. And we have no intention of slowing Marty, or any of you, down.

As for the other end of the spectrum, we encourage you to come out and walk with us, no matter your pace. Yet, if you need to walk slower than a 20-minute mile, you would be best to sign as a First Legger. Go that five miles, at your own pace, and let us celebrate an effort that may well be bigger than those going all the way up the coast. (First Leggers by no means need to go slowly. Some of you may have to get to work, take care of kids, whatever, but want to join us and five miles is all you have time for. Terrific!)

We imagine most of us will cruise at a 16-18-min mile pace. For a 20-mile day, that will represent 3 ½ hours in the morning (with a 20-min rest stop at 5 miles), a 40-min lunch stop, and then 3 ½ hours in the afternoon (with a 20-min rest at 15 miles).



DID YOU KNOW?

1 in 3 Americans will have Diabetes by 2050.

Only **21% to 34%** of U.S. adults meet public health recommendations (5 times per week for at least 30 minutes) for physical activity by walking.

A recent study reported that for every 2 hours that a person watched TV, the risk of type 2 diabetes increased **14%**. Physical activity helps prevent insulin resistance, the underlying cause of type 2 diabetes.

Walking for 30 minutes, 3-5 times/week for 12 weeks reduced symptoms of depression by **47%**.

Source:
<http://campus.albion.edu/walkingandrunning/2011/11/17/importance-of-walking-benefits-statistics-case-studies-and-goals/>

FORM

On one hand, walking is the simplest exercise. That's the point of *EverWalk*. Almost everyone can join us. On the other hand, there is such a thing as bad form, bad habits that can throw your gait off and cause discomfort and compounding injuries.

Don't walk flat-footed. The heel strikes first, then you roll from the heel to the ball and finally push off with your toes, so that a person ten yards behind you can see the bottom of your shoe. Ankle flexibility is key to knee flexibility and also keeps your plantar fascia, the long tendon on the bottom of the foot, malleable.

Your gait should be easy. Don't reach out abnormally way in front of you with your foot. Neither should you be taking such tiny strides that you don't extend. Feel easy, breezy, with your hips swaying slightly, not overly exaggerated.

Your arms should swing easily by your side, extending to about waist level in the front and about a foot past your hips in the back. The faster you go, the more you'll use your arms. When we walk at 4mph or faster, we pump our arms longer front and back than at 3.5 mph, when the arms follow a shorter arc.

While going uphill, especially a steep grade, your form changes a bit. We all have a tendency to bend at the waist striding uphill, but you actually want the opposite. Your hips should lead, the foot hitting the ground well in front of your knee. Leaning forward will put undue strain on your back and hips. Same for going downhill. Your feet still lead. Your torso still remains erect, not bent.

At rest stops, whether with us in September in New England or on your training, we recommend you elevate your feet a bit. Take off your shoes for just ten minutes, prop your heels up above your heart on a bench or tree branch, and circle your ankles first clockwise, then counterclockwise a few times. Pumping circulation back to the feet and flexing your tendons and foot muscles will mean a world of difference when you get up to continue.



LISTEN TO YOUR BODY

PAIN

Forget the old adage “no pain, no gain.” That’s okay for extreme events where pain management is the crux of success. These walks, even the 20-mile days, are not meant to be painful in any way.

If you experience soreness anywhere, that’s one thing. But if you are feeling acute pain anywhere, listen to your body and stop. Stop walking right then. And don’t walk again until the pain issue is solved.

Most sports injuries are from overuse. If you’ve tweaked your lower back or are experiencing nerve or muscle pain in the knee, hip, ankle or foot, ICE (ice, compression, elevation) on and off for a couple of days usually will calm the area down and get you back on the road.

If you’re going through intense knee or back or foot pain that just won’t calm down with ice and rest, you’re more likely in need of a sports doc or physical therapist.

Push yourself enough
to challenge yourself,
not injure yourself.

LISTEN TO YOUR BODY.

ICE

For most minor injuries, such as slight ankle swelling, they say ice is the miracle drug. If your feet are swollen after a walk, compress an ice bag onto the area and elevate your foot. Ice for 15 minutes to bring the swelling down. Remove the ice for 15 minutes to allow blood to bring oxygen and nutrients to the area. Then ice another 15 minutes.

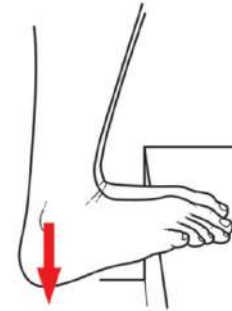
BLISTERS

Even the most experienced, fit walkers can suffer painful and annoying blisters. Most medical protocols tell you NOT to pop your blisters. What they’re trying to prevent is infection and we can appreciate that. But on these long days, we find that continuing with an unpopped blister only adds to the pain. Our method is to pop and drain, clean thoroughly and apply a soft but secure Band-Aid. For the toes, there are some genius little sleeves, often gel-coated on the interior side, that help in that area. We also find that a sock that will stay put and not rub is crucial. Nike, for instance, makes a thin Dri-Fit sock that is soft and comfortable but won’t slip and slide. As for shoes, you can be successful with lightweight running shoes with maximum cushioning to full-on hiking boots with high ankles. You need to walk many miles in many kinds of shoes and decide what’s best for your foot and your mechanics.

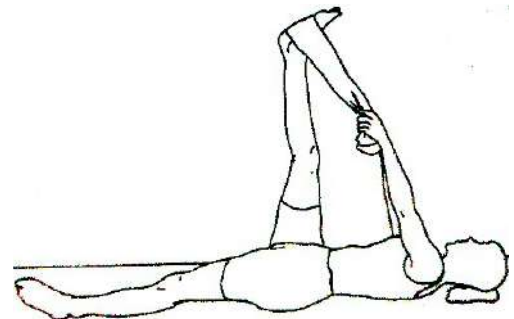
STRETCHING

Stretching and elongating muscles and tendons is part of the success of any activity. If you do yoga or Pilates, terrific. Below are some stretches to try after your training walks.

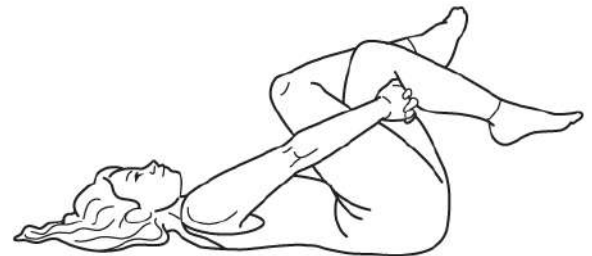
Stretch your calves and Achilles simply by standing backwards with your heels hanging over the edge of a step. Stand on the balls of your feet and let your heels dip gently. Then point your toes out and repeat the same exercise. Then point your toes in (pigeon-toed) and repeat exercise again. The calf has three heads, so let's take care of all three of them.



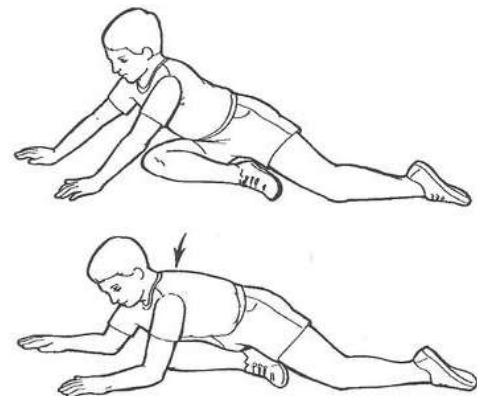
For the feet, while sitting or lying down, use a Theraband wrapped around the ball area of the foot. Pull your foot toward you. Then pull toward the inside, your pigeon-toed position. Then the outside, your duck-foot position. Without the band, do circles clockwise and counterclockwise, increasing the flexibility of your ankles.



To stretch your back and prevent lower back pain, lie flat on your back with toes pointed to the sky. Slowly bend your right knee over your left leg and pull that leg toward your chest. Wrap your arms around your thigh, knee or shin, and gently pull the knee towards your chest. Hold for 20 seconds and slowly extend the leg to starting position. Repeat three times each leg.



For the hips, assume the position shown, with right hip and knee bent, toe pointing toward opposite hip. Bend elbows and press trunk downward so that you feel a stretch. Repeat on the left side.



BLISTERS

Even the most experienced, fit walkers can suffer painful and annoying blisters. Most medical protocols tell you NOT to pop your blisters. What they're trying to prevent is infection and we can appreciate that. But on these long days, we find that continuing with an unpoped blister only adds to the pain. Our method is to pop and drain, clean thoroughly and apply a soft but secure Band-Aid. For the toes, there are some genius little sleeves, often gel-coated on the interior side, that help in that area. We also find that a sock that will stay put and not rub is crucial. Nike, for instance, makes a thin Dri-Fit sock that is soft and comfortable but won't slip and slide. As for shoes, you can be successful with lightweight running shoes with maximum cushioning to fill-on hiking boots with high ankles. You need to walk many miles in many kinds of shoes and decide what's best for your foot and your mechanics.

EQUIPMENT AND FUEL

WATER, FOOD, AND BATHROOM BREAKS

During *EverWalk* New England, we will provide water all day long (bring your own water bottle), but on your training walks, get used to carrying water with you. Some people prefer a small Camelbak, easy to reach the hose for sips. Or find a comfortable fanny pack for water, snacks, phone, lip balm, sunblock, etc.

Snacks: Apples, peanut butter, protein bars, bananas, apple butter, almond butter, nuts.

Again, we will provide snacks during the big event for *Everwalk* New England but as you increase your mileage in training, it's a good habit to stay in front of your glycogen depletion. A few slices of apple can do you the world of good each hour.

We will have Port-O-Potties at the 5-mile, 10-mile, 15-mile, and 20-mile marks. But if nature calls in between those ports of call, you may happen to be passing a toilet opportunity or you may have to discreetly head into a bush area. If you wind up in dire circumstances and need a toilet, we will have volunteers with walkie-talkies and roaming vehicles to help you out.

SNEAKERS AND CLOTHING

We don't promote a specific brand of shoe or boot. We have been using a lightweight running shoe, with maximum cushioning. But we run into experienced walkers who wear designated walking shoes or lightweight hiking boots with full ankle support.

There are, for the most part, terrific running stores in most cities, where knowledgeable people can advise you, given your tendency to pronate or supinate, perhaps your need for a wider toe box or your need for a steeper pitch, rather than a flat bed.

We hate to promote expensive products, but when it comes to shoes for these long hours on hard pavement, you usually get what you pay for. From Brooks to Nike to Hoka to Adidas to New Balance to Reebok to Altra to Skechers, and others, there is a shoe for you. You may have to experiment. New Balance, for instance, is known for a wider shoe. Hoka has come up with a very thick layer of cushioning. No one shoe is right for all of us.

That second week in September, from Boston up the coast to Maine, has historically been an average temperature of 72 degrees with two days of rain. This means we should be comfortable in t-shirts and shorts through the days. But we do start at about 7:30am each day and the late afternoons and evenings, especially as we get north into New Hampshire and Maine, may drop into the 50's and even the 40's at night. Plan to carry a lightweight rain shell or fleece with you each day. Ocean breezes can cool down the temperature as well.

HEADPHONES

We urge you during training to only use your headphones when you're out of traffic, including bike traffic. We hear of too many accidents involving walkers who don't hear a warning honk or yell because their headphones are blocking all outside sound. Wear only one ear bud. Be aware of your surroundings. Be ready to respond, if need be.

CREATE YOUR TRAINING PLAN

We have included some sample training plans to help guide you in your training for *EverWalk* New England. Follow the steps below to create your personal training plan. And remember, Team *EverWalk* is always there to help answer your questions and provide support!

- 1 **Review the sample training plan for the distance you have opted to walk.**
- 2 **Determine your current fitness level and walking ability and decide what distance is appropriate to start your training.**
- 3 **Create your personal training guide - increasing your distance/time at a pace that feels comfortable for you.**

Please note, on the chart provided to create your personal training plan, we have included space for your daily walking goal, but we have also included space for you to fill in your actual distance/time walked. This is an important part of measuring how you are doing with your training.

If you rarely hit your goal, you need to back off and build more slowly. Or, if you easily exceed your goal, be bold and bump up your distance/time.

EPIC WALKERS AND MULTIPLE DAY WALKERS

The standard training model for walking 20 miles per day is to know what walking 20 miles back to back is. So your long-term goal, before our start September 10th, is to build to the day that you will get in 20 miles and get in another 20 miles the next day. Then you'll have the confidence that you're ready for 7 consecutive days or the multiple of days you're shooting for.

If you have either a physical issue or a personal problem that needs tending to at home during any day of your Epic Walk, we will immediately help you. We have vehicles at the ready, EMT help on the route, to either tend to you or get you where you'll need to go. This does not mean that you cannot continue up the coast, either pick right back up later that day or join back in the next day. One of our Epics from LA to San Diego suffered horrific blisters. She had the spirit to start each day but rarely made it through. Showing her true grit, she rallied as soon as she humanly could and either got back on the road later that day or took care of her feet and was game to line up at the commit line the next day. When she finished in San Diego, we all embraced her as Epic because she dug down to tap every ounce of her potential. You don't have to walk every step of the route to earn your Epic status.

DAY TRIPPERS

The sample training walks are given in minutes rather than miles. At the beginning, don't worry about distance as much as how long you walk. You just want to walk on a regular basis and exercise your legs and get your body in "walking shape." On certain days, the sample training plan does often suggest walks based on distance. As you get closer to EverWalk this will be a good way to measure how prepared you are for your distance option and to gauge what pace you are walking.

VIRTUAL WALKERS

You may be thirsting to join us in September but you simply can't take the time away from obligations, or you live too far away to make the trip. Take a look at our map of projected walks all around the U.S. We'll hopefully be walking in your back yard one day soon and you'll join us real time then. But even this year, from your own neighborhood, your vacation, your gym treadmill, you can be part of EverWalk New England.

Register as a Virtual Walker. Take a look at the distance you think you'll have time and energy to cover Sept 10-16, get training with us, send us your logs, your photos, your stories. You'll earn your EverWalk New England shirt and we'll FaceBook Live with you on our way up the coast.



Sample 5 Mile Training Plan

(First Leggers & Virtual Walkers)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
1	10 mins	10 mins	10 mins	15 mins	15 mins	1 mile	Rest	60 mins + 1 mile
2	15 mins	15 mins	10 mins	10 mins	Rest	20 mins	1.5 miles	70 mins + 1.5 miles
3	20 mins	Rest	15 mins	15 mins	Rest	30 mins	1.5 miles	80 mins + 1.5 miles
4	25 mins	Rest	20 mins	20 mins	30 mins	Rest	2 miles	95 mins + 2 miles
5	Rest	25 mins	25 mins	25 mins	Rest	35 mins	2 miles	110 mins + 2 miles
6	Rest	30 mins	30 mins	30 mins	Rest	45 mins	2.5 miles	135 mins + 2.5 miles
7	Rest	35 mins	35 mins	35 mins	45 mins	Rest	3 miles	150 mins + 3 miles
8	Rest	30 mins	30 mins	30 mins	30 mins	Rest	30 mins	120 mins
9	25 mins	25 mins	25 mins	25 mins	25 mins	25 mins	Rest	150 mins
10	30 mins	30 mins	30 mins	30 mins	30 mins	Rest	30 mins	180 mins
11	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	Rest	120 mins
12	25 mins	25 mins	25 mins	25 mins	25 mins	Rest		150 mins
13							Rest	



Sample 10 Mile Training Plan

(Half Trippers/Virtual Walkers)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
1	20 mins	20 mins	20 mins	30 mins	30 mins	Rest	2 miles	120 mins + 2 miles
2	Rest	30 mins	30 mins	30 mins	Rest	45 mins	3 miles	135 mins + 3 miles
3	Rest	35 mins	35 mins	35 mins	Rest	55 mins	3 miles	160 mins + 3 miles
4	Rest	45 mins	45 mins	45 mins	Rest	60 mins	4 miles	195 mins + 4 miles
5	Rest	50 mins	50 mins	50 mins	Rest	70 mins	5 miles	220 mins + 5 miles
6	Rest	55 mins	55 mins	55 mins	Rest	80 mins	5 miles	245 mins + 5 miles
7	Rest	60 mins	60 mins	60 mins	Rest	90 mins	6 miles	270 mins + 6 miles
8	Rest	70 mins	70 mins	70 mins	Rest	90 mins	7 miles	300 mins + 7 miles
9	Rest	75 mins	90 mins	75 mins	90 mins	Rest	8 miles	330 mins + 8 miles
10	Rest	75 mins	90 mins	75 mins	90 mins	Rest	9 miles	330 mins + 9 miles
11	Rest	75 mins	75 mins	60 mins	60 mins	Rest	10 miles	280 mins
12	Rest	5 Miles	5 Miles	3 Miles	2 Miles	1 Mile		16 Miles
13							Rest	



Sample 20 Mile Training Plan

(Day Trippers/Virtual Walkers)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
1	45 mins	45 mins	45 mins	45 mins	45 mins	Rest	4 miles	225 mins + 4 miles
2	Rest	60 mins	60 mins	60 mins	60 mins	Rest	5 miles	240 mins + 5 miles
3	Rest	75 mins	75 mins	75 mins	Rest	90 mins	6 miles	315 mins + 6 miles
4	Rest	45 mins (am & pm)	45 mins (am & pm)	45 mins (am & pm)	45 mins (am & pm)	7 miles	Rest	360 mins + 7 miles
5	90 mins	Rest	90 mins	90 mins	120 mins	Rest	8 miles	390 mins + 8 miles
6	Rest	90 mins	90 mins	120 mins	Rest	60 mins (am & pm)	10 miles	420 mins + 10 miles
7	Rest	120 mins	90 mins	120 mins	Rest	120 mins	12 miles	450 mins + 12 miles
8	Rest	120 mins	90 mins	120 mins	Rest	120 mins	14 miles	450 mins + 14 miles
9	Rest	120 mins	90 mins	120 mins	Rest	90 mins	16 miles	420 mins + 16 miles
10	Rest	120 mins	90 mins	120 mins	Rest	90 mins	18 miles	420 mins + 18 miles
11	Rest	120 mins	120 mins	90 mins	90 mins	Rest	20 Miles	420 mins + 20 Miles
12	Rest	5 Miles	4 Miles	3 Miles	2 Miles	1 Mile		15 Miles
13							Rest	



Sample 20 Miles *Back-to-Back* Training Plan

(Epic Walkers/Multi-Day Trippers/Virtual Walkers)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
1	3 miles	3 miles	3 miles	3 miles	Rest	3 miles	6 miles	21 miles
2	Rest	3 miles	4 miles	3 miles	Rest	4 miles	7 miles	21 miles
3	Rest	4 miles	4 miles	4 miles	Rest	5 miles	8 miles	25 miles
4	Rest	4 miles	5 miles	4 miles	Rest	5 miles	9 miles	27 miles
5	Rest	5 miles	5 miles	5 miles	Rest	6 miles	10 miles	31 miles
6	Rest	5 miles	6 miles	5 miles	Rest	8 miles	12 miles	36 miles
7	Rest	5 miles	6 miles	5 miles	Rest	10 miles	14 miles	40 miles
8	Rest	5 miles	7 miles	5 miles	Rest	12 miles	16 miles	45 miles
9	Rest	5 miles	8 miles	5 miles	Rest	14 miles	18 miles	50 miles
10	Rest	6 miles	8 miles	6 miles	Rest	20 miles	20 miles	60 miles
11	Rest	5 miles	6 miles	6 miles	5 miles	Rest		22 miles
12							Rest	





My EverWalk Training Plan



Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Weekly Total
1	Goal									
	Actual									
2	Goal									
	Actual									
3	Goal									
	Actual									
4	Goal									
	Actual									
5	Goal									
	Actual									
6	Goal									
	Actual									
7	Goal									
	Actual									
8	Goal									
	Actual									
9	Goal									
	Actual									
10	Goal									
	Actual									
11	Goal									
	Actual									
12								Rest		





As you walk: Be bold, be smart, be joyful.

We are thrilled that you have engaged in our
Epic Revolution.

CONTACT US

www.everwalk.com

info@everwalk.com

FOLLOW US

@everwalkusa

