

**Delaware Senior Olympics
Walk Delaware Program
Walking Tips**

Preparation:

1. Plan your daily non-stop walk—route/location, distance, time, speed
2. **Carry identification and cell phone or enough cash for a phone call if necessary**
3. Inform a friend or neighbor of your walking plan and location—in case of an emergency
4. When possible, walk with someone—it's fun and keeps you motivated.
5. Wear good walking shoes, socks, and comfortable clothing.
6. Fill up your water bottle and stay hydrated—before, during, and after your walk.
7. In inclement weather, walk indoors—the mall, a community center, gym, or treadmill at home.

The Walk:

1. Begin with some slow walking and stretching to loosen up the joints and warm the muscles
2. Begin walking at a moderate pace before walking briskly
3. Always walk facing traffic when walking on a road
4. Pace yourself. You should be able to carry on a full conversation while walking
5. Watch for any warning signs—stop and get help if necessary
6. Enjoy the walk, breathe fresh air, socialize with friends...**have fun!**

After the Walk:

1. Cool down — do some stretching and relax
2. Drink an extra glass of water — stay hydrated
3. Log the day and distance in your log sheet

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Walk Delaware Program**

Thanks to the support of our sponsors, the Delaware Senior Olympics is proud to provide this Log Book for your use in our Walk Delaware Program.

If you have been inactive and/or have pre-existing health conditions, obtain your doctor's approval before starting a fitness program. If you are a new walker, it may take several weeks before developing the strength and stamina to walk up to a mile per day. Don't get discouraged. Walking just 5 minutes per day, 5 times per week is a great way to get started. Gradually add a few minutes each week to your daily walk. It is important to increase walking time before increasing walking speed. To obtain the optimum fitness benefits of walking, walk non-stop aerobically (60% of your maximum heart rate) for 20—30 minutes 3 or more times per week. Make walking a part of your everyday lifestyle and stay fit for life!

Whether you are a new or experienced walker, develop a walking plan and set a goal. For more information, see the last page in this log.

For more information on the Delaware Senior Olympics, please visit our website www.delawareseNIorolympics.org. Or, call the DSO office at 302-736-5698 or 888-881-6128.

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 1	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 2	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 51	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 52	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 5	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 6	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Tuesday				
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Thursday				
Friday				
Saturday				
Week Totals				

Week 47	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 48	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 9	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 10	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Monday				
Tuesday				
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Thursday				
Friday				
Saturday				
Week Totals				

Week 43	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 44	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 13	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 14	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 39	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Tuesday				
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Thursday				
Friday				
Saturday				
Week Totals				

Week 40	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 17	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 18	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 35	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Tuesday				
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Thursday				
Friday				
Saturday				
Week Totals				

Week 36	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 21	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Monday				
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Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 22	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Saturday				
Week Totals				

Week 31	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Thursday				
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Saturday				
Week Totals				

Week 32	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 25	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Thursday				
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Saturday				
Week Totals				

Week 26	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Saturday				
Week Totals				

Week 27	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Saturday				
Week Totals				

Week 28	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 49	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Thursday				
Friday				
Saturday				
Week Totals				

Week 50	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Saturday				
Week Totals				

Week 3	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Week Totals				

Week 4	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 45	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Thursday				
Friday				
Saturday				
Week Totals				

Week 46	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Saturday				
Week Totals				

Week 7	Walk Miles	Bike Miles	Run Miles	Swim Miles
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Week Totals				

Week 8	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 41	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 42	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
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Thursday				
Friday				
Saturday				
Week Totals				

Week 11	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Week Totals				

Week 12	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
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Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 37	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 38	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 15	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 16	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 33	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 34	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 19	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 20	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

**Delaware Senior Olympics—Walk Delaware Program
Log Sheet**

Week 29	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 30	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 23	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Totals				

Week 24	Walk Miles	Bike Miles	Run Miles	Swim Miles
Sunday				
Monday				
Tuesday				
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Thursday				
Friday				
Saturday				
Week Totals				