



## 2025 Get Your Walk On Camp Training

### **Definitions to know:**

Cross train: Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

### **Active recovery:**

(Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

### **Rest:**

This is what it is, reduce movement, practice self care, let your body rest as much as possible that day, focus on feeding your body and letting it recover.



24-25 Get your Move  
On Camp Training

# FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Walk for 20 Min
2 Active Recovery; Walk or Play for 15 Minutes	3 Walk for 20 Min	4 Active Recovery	5 Walk for 20 Min	6 Active Recovery	7 Off/Rest	8 Walk for 30 Min
9 Active Recovery; Walk or Play for 15 Minutes	10 Walk for 20 Min	11 Active Recovery	12 Walk for 20 Min	13 Active Recovery	14 Off/Rest	15 Walk for 35 Min
16 Active Recovery; Walk or Play for 30 Minutes	17 Walk for 20 Min	18 Active Recovery	19 Walk for 20 Min	20 Active Recovery	21 Off/Rest	22 Walk for 40 Min
23 Active Recovery; Walk or Play for 30 Minutes	24 Walk for 25 Min	25 Active Recovery	26 Walk for 20 Min	27 Active Recovery	28 Off/Rest	



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# MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Walk for 45 Min
2 Active Recovery; Walk or Play for 30 Minutes	3 Walk for 30 Min	4 Active Recovery	5 Walk for 20 Min	6 Active Recovery	7 Off/Rest	8 Walk for 50 Min
9 Active Recovery; Walk or Play for 30 Minutes	10 Walk for 30 Min	11 Active Recovery	12 Walk for 20 Min	13 Active Recovery	14 Off/Rest	15 Walk for 55 Min
16 Active Recovery; Walk or Play for 30 Minutes	17 Walk for 35 Min	18 Active Recovery	19 Walk for 20 Min	20 Active Recovery	21 Off/Rest	22 Walk for 60 Min
23 Active Recovery; Walk or Play for 30 Minutes	24 Walk for 30 Min	25 Active Recovery	26 Walk for 20 Min	27 Active Recovery	28 Off/Rest	29 Walk for 65 Min
30 Active Recovery; Walk or Play for 30 Minutes	31 Walk for 30 Min					



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# APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Active Recovery	2 Walk for 20 Min	3 Active Recovery	4 Off/Rest	5 Walk for 70 Min
6 Active Recovery; Walk or Play for 30 Minutes	7 Strength Train	8 Walk for 30 Min	9 Active Recovery	10 Walk for 20 Min	11 Off/Rest	12 Walk for 60 Min
13 Active Recovery; Walk or Play for 30 Minutes	4 Walk for 35 Min	15 Active Recovery	16 Walk for 30 Min	17 Active Recovery	18 Off/Rest	19 Walk for 50 Min
20 Active Recovery; Walk or Play for 30 Minutes	21 Walk for 30 Min	22 Active Recovery	23 Walk for 30 Min	24 Active Recovery	25 Off/Rest	26 Walk for 30 Min
27 Active Recovery; Walk or Play for 30 Minutes	28 Strength Train	29 Walk for 30 Min	30 Active Recovery			



24-25 Get your Move  
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MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Walk for 30 Min	2 Off/Rest	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31