



# Terri Brodeur Breast Cancer Foundation

## Walk for a Cure

### Walker Guide

*Walk. Fundraise. Make a Difference.*



*Always the First Saturday of October*

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# 1. A Message from the TBBCF Walk Chair and Team Leads



**Welcome** to the Terri Brodeur Breast Cancer Foundation Walk for a Cure – our premier fundraising platform.

By joining this community of walkers, volunteers, and supporters, you are helping, at a grass-roots level, to fund life-saving breast cancer research—**with 100% of every walk dollar fundraised going directly to breast cancer research.**

Every step you take honors those affected, celebrates survivors, and brings us closer to a cure.

**We are honored to have you walk with us.**

We are here to help you - before you even take a step – with tips for fundraising, starting a team, rallying your community, and thanking your donors. Whether you are joining us for the first time or as a seasoned TBBCF walker, and whether you are crossing the finish line at Camp Harkness in Waterford or at home, you are helping to change the course of breast cancer. **Thank you for your support.**

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## 2. Your Impact

**Your fundraising fuels breakthroughs.**

Thanks to walkers like you, TBBCF has:

- Raised over \$7.2 Million to fund more than 70 breast cancer research projects
- Supported innovative treatments
- Supported research for those just starting in their education
- Helped bring hope to families everywhere
- Brought together an incredible community of businesses and individuals that care

**Every dollar matters. Every walker matters. YOU matter.**

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### 3. How Will You Walk?

You have a choice of either in-person the day of the Walk or virtually if you can't be with us on Walk Day.

- Decide on the length you will walk    Fundraising Obligation
  - Full marathon (26.2 miles)            \$500
  - Half marathon (13.1 miles)            \$250
  - Quarter marathon (6.5 miles)        \$200
  - 5K (3.1 family friendly miles)        \$150

Students and Cancer Survivors have a \$100 minimum funding obligation for any event.

### Virtual Walking?

If you can't make it walk day or want to walk in your community, you can do it virtually. Pick your walk length, register, and start walking, running, biking, swimming...your choice! You can even start a team. \$150 any distance

### 4. Getting Started

- ✓ **Step 1: Register**
- ✓ **Step 2: Personalize Your Fundraising Page**
- ✓ **Step 3: Set Your Fundraising Goal**
- ✓ **Step 4: Start Fundraising**

### 5. Create or Join a Team

#### Why walk as a team?

- More fun
- More motivation
- More fundraising power
- Stronger support on Walk Day

**Start a Corporate Team!**

**Invite your co-workers to walk. See if your employer will sponsor your team.**

#### How teams work

- Give yourself a team name. Be creative!
- When the team captain registers, the team will be created during registration.
- Upon registration each team member can join the team. Deciding to form a team after you have registered is no problem - email Kate Davis at kdavis@tbbcf.org for assistance. **Each team member needs their own fundraising page.**
- Start your fundraising.
- Begin training.

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## 6. Steps to Fundraising Success

**Start Strong. Stay Motivated. Make an Impact.**

### **Getting Started**

Your personal fundraising page is automatically created when you register—and it's fully customizable.

 Make it yours:

- Add a photo
- Share your story
- Set your fundraising goal

Once registered, you'll receive an email with a link to access and edit your page.

Need help? Contact [info@tbpcf.org](mailto:info@tbpcf.org)

### **Your Fundraising Steps**

1. **Set Your Goal**  
Choose a goal that challenges and inspires you
2. **Make Your First Gift**  
Lead by example—it encourages others to give
3. **Build Your Donor List**  
Think: friends, family, coworkers, neighbors
4. **Share Your Story**  
Tell people why this cause matters to you
5. **Reach Out**  
Send emails, texts, and post on social media
6. **Get Creative**  
Host a small event, raffle, or fundraiser
7. **Follow Up & Thank Donors**  
Gratitude goes a long way

#### **Pro Tip**

For Fundraising Tips see:  
<https://tbpcf.org/fundraising-tips/>

## **Sample Fundraising Message**

*(Keep it personal, simple, and heartfelt)*

Dear [Name],

On October [day of walk], I will be participating in the TBBCF Walk for a Cure to raise funds for breast cancer research.

This cause is important to me because [your reason].

What makes TBBCF unique is that **100% of walk funds raised go directly to research.**

I've committed to raising [\$\_\_\_], and I would be so grateful for your support.

You can donate here: [link to your page]

Thank you for helping make a difference.

— [Your Name]

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## **Why Your Fundraising Matters**

- Breast cancer is the **most common cancer among women in the U.S.**
- Early detection and research **save lives**
- TBBCF has funded **millions in research and dozens of grants**

 Every dollar you raise helps move research forward.

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## **Track Your Progress**

Your fundraising page lets you:

- Make edits to your profile page
- See who has donated
- Track your progress toward your goal
- Send updates and thank-you messages
- Invite others to join your team

### **Cancellation Policy**

Plans changed? Participants who cancel or do not show by walk day are not responsible for the fundraising minimum. The registration fee and donations are non-refundable.

You'll also receive an email every time a donation is made — it's a great motivator!

 Log in to your fundraising page often: <https://charity.pledgeit.org/tbbcfwalk2026>

Use the email and password you used when you registered.

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## Donation Options

### Online (Recommended)

- Fast and secure
- Automatic tax receipt
- No paperwork required

 Pro Tip

Make sure your contacts donate through your individual page

### By Mail *Please allow up to 2 weeks for processing*

Checks can be sent to:

**TBBCF**

187 Williams St  
New London, CT 06320

Be sure to include:

- Walker's full name to get credit

## Matching Gifts *Double Your Impact*

Matching gifts are one of the easiest ways to **increase your fundraising—at no extra cost to your donors.**

Many companies will match charitable donations made by their employees, including organizations such as **Monsanto, Merck, Pfizer, and Travelers**, among many others.

 **Encourage your donors to check if their employer offers a matching gift program.**

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## How It Works

1. **You receive a donation**
2. **Your donor submits a matching gift request** (online or via form)
3. **The company reviews and approves the request**
4. **TBBCF receives the matching gift**
5. **Your fundraising total increases!**

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## Submitting Matching Gift Forms

Donors can submit matching gifts either **online or by mail.**

## If submitting by mail, include:

### Organization Name:

Terri Brodeur Breast Cancer Foundation

### Program Designation:

2026 TBBCF Walk for a Cure

- Walker's First & Last Name

### Mailing Address:

187 Williams St

New London, CT 06320

### Phone Number:

(860) 437-1400

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## Pro Tip

*A matching gift can double—or even triple—the impact of a single donation.*

Don't forget to ask!

## What Happens Next

- TBBCF will **complete and submit any required documentation** to the company
  - Once approved and received, the matching gift will be **added to your fundraising page**
- 

## Important to Know


- Some companies require **online submission only**
  - Always review your company's **specific requirements and deadlines**
  - Some employers (e.g., Pfizer) may require **proof of donation** with submission
- 

## Need Help?

For questions about matching gifts, contact:

**Pamela Watt**

 [pwatt@tbbcf.org](mailto:pwatt@tbbcf.org)

 (860) 437-1400

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## Stay Connected

Check [www.tbbcf.org](http://www.tbbcf.org) regularly for updates throughout the summer.

Follow and share on social media:

- Facebook <https://www.facebook.com/tbbcf>

- Instagram <https://www.instagram.com/tbbcf/>
- X <https://x.com/tbbcf>
- LinkedIn <https://www.linkedin.com/company/terri-brodeur-breast-cancer-foundation/>

## 7. Training & Preparation

### Training Basics

- Start early – in June for our full marathon walk
- Increase mileage gradually
- Train to walk 14 – 20 minute mile pace so that you can catch all the pit stops
- Practice with your gear, snacks, hydration and learn what works best for you
- Stay consistent (4 days/week recommended)
- Join our group training walks with volunteer supported rest areas with snacks

### 15 Week Training Schedule

Week	Day 1 Miles	Day 2 Miles	Day 3 Miles	Day 4 Miles
Week 1	3	4	3	6
Week 2	3	4	3	8
Week 3	3	4	3	6
Week 4	3	4	3	10
Week 5	3	5	3	12
Week 6	3	5	3	12
Week 7	3	6	3	14
Week 8	3	6	3	8
Week 9	3	6	3	16
Week 10	5	6	5	8
Week 11	5	6	5	18
Week 12	6	6	6	10
Week 13	6	6	6	20
Week 14	6	6	6	12
Week 15	4	4	4	0

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## Training Walks

- Join our volunteer supported Training Walks in Old Saybrook for an 18-mile walk and 20-mile Mystic
- The walks are broken down into 6- and 8-mile loops so even half and quarter marathoners can join in.
- Our route on walk day is geared towards a 14 – 20 minute mile pace so train to that minimum speed

Registered Walkers  
will receive the dates  
of our Training Walks

## TRAINING WALK ROUTES

### Mystic Training Walks

#### Starting Point

**Mystic River Park**

(Use GPS: *Mystic River Park*)

### 6-Mile Loop

#### Route Overview:

- Start at Mystic River Park
- Go **STRAIGHT** on Cottrell St toward Main St
- At flagpole, continue **STRAIGHT** onto Holmes St
- Turn **LEFT** onto Bay St → **RIGHT** onto Isham St
- Turn **LEFT** onto Route 27 toward Old Mystic (~2.5 miles)
- **BEAR LEFT** at Old Mystic General Store
- Turn **LEFT** onto River Road (~2.5 miles)
- Turn **LEFT** onto Starr St
- Turn **RIGHT** onto Pearl St → **LEFT** onto Eldridge St
- Turn **RIGHT** onto Gravel St → **LEFT** onto Main St
- Turn **RIGHT** onto Cottrell St (return to start)

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### 8-Mile Loop

#### Route Overview:

- Start at Mystic River Park (away from Main St)
- Turn **LEFT** onto Washington St
- Turn **LEFT** onto Willow St → **LEFT** onto Main St
- Turn **RIGHT** at flagpole onto Holmes St
- Turn **LEFT** onto Bay St → **RIGHT** onto Isham St
- Turn **LEFT** onto Route 27 toward Old Mystic

- **BEAR LEFT** at Old Mystic General Store
  - Turn **LEFT** onto River Road
  - Turn **RIGHT** onto Starr St (*steep hill*)
  - Turn **LEFT** onto High St
  - Turn **RIGHT** onto Library St (*steep hill after church*)
  - Turn **LEFT** onto Allyn St
  - Cross Route 1 at light → continue onto West Mystic Ave
  - Turn **LEFT** onto Noank Rd (Rt 215)
  - Turn **RIGHT** onto Main St (cross drawbridge)
  - Turn **RIGHT** onto Cottrell St (return to start)
- 

## Old Saybrook Training Walks

### Starting Point

#### Saybrook Point (155 College St)

Walkers gather in the lot across from Saybrook Point Resort & Marina

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### 6-Mile Loop

#### Route Overview:

- Start at Saybrook Point lot
  - Turn **LEFT** onto Bridge St toward causeway
  - Turn **LEFT** onto Nibang Ave (into Fenwick), to first intersection, then return to route
  - Turn **LEFT** out of Fenwick
  - Continue to 4-way intersection
  - Turn **RIGHT** onto Maple Ave
  - Continue **STRAIGHT** to Main St
  - Turn **RIGHT** at traffic light (stay on sidewalk)
  - Turn **LEFT** onto North Cove Rd
  - Turn **RIGHT** onto Cromwell Place
  - Turn **LEFT** onto Main St
  - Continue **STRAIGHT** back to start
- 

### 8-Mile Loop

#### Route Overview:

- Start at Saybrook Point lot
- Turn **LEFT** onto Bridge St
- At 4-way intersection, **BEAR LEFT** onto Rt 154 toward Town Beach
- Turn **RIGHT** onto Plum Bank Rd (becomes Great Hammock Rd)
- Turn **LEFT** onto Old Boston Post Rd
- Turn **LEFT** onto Route 1
- Turn **LEFT** at McDonald's onto Old Post Rd
- Turn **RIGHT** onto Nehantic Trail

- Turn **RIGHT** onto Route 1
  - Turn **RIGHT** at Shell Station onto Old Boston Post Rd
  - Turn **RIGHT** onto Main St → return to Saybrook Point
- 



### Pro Tips for Training Walks

- Wear the same shoes and gear you'll wear on Walk Day
  - Stay hydrated—bring water or plan stops
  - Walk with a partner or group when possible
  - Be mindful of traffic and follow pedestrian safety rules
-



# TRAINING WALK DIRECTIONS

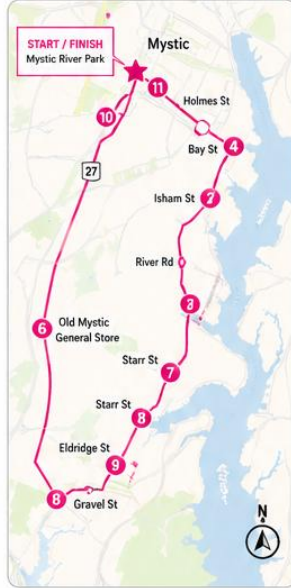
Use these routes to train for Walk Day! Build endurance, test your gear, and have fun.

## MYSTIC TRAINING WALKS

STARTING POINT: Mystic River Park

### 6-MILE LOOP

- 1 Start at Mystic River Park.
- 2 Go **STRAIGHT** on Cottrell St toward Main St.
- 3 At flagpole, continue **STRAIGHT** onto Holmes St.
- 4 Turn **LEFT** onto Bay St then **RIGHT** onto Isham St.
- 5 Turn **LEFT** onto Route 27 toward Old Mystic (about 2.5 miles) then **BEAR LEFT**.
- 6 At Old Mystic General Store intersection, turn **LEFT** onto River Road and follow River Rd (about 2.5 miles).
- 7 Turn **LEFT** onto Starr St.
- 8 Turn **RIGHT** onto Pearl St then **LEFT** onto Eldridge St.
- 9 Turn **RIGHT** onto Gravel St then **LEFT** onto Main St.
- 10 Turn **RIGHT** onto Cottrell St.
- 11 You're back at Mystic River Park!



### 8-MILE LOOP

- 1 Start at Mystic River Park, head away from Main St.
  - 2 Turn **LEFT** onto Washington St.
  - 3 Turn **LEFT** onto Willow St then **LEFT** onto Main St.
  - 4 Turn **RIGHT** at flagpole onto Holmes St.
  - 5 Turn **LEFT** onto Bay St then **RIGHT** onto Isham St.
  - 6 Turn **LEFT** onto Route 27 toward Old Mystic.
  - 7 At Old Mystic General Store intersection, **BEAR LEFT**.
  - 8 Turn **LEFT** onto River Road and follow River Rd.
  - 9 Turn **RIGHT** onto Starr St (steep hill).
  - 10 Turn **LEFT** onto High St.
  - 11 Turn **RIGHT** onto Library St (up steep hill after church).
  - 12 Turn **LEFT** onto Allyn St, cross RT 1 at the light and continue straight down West Mystic Ave.
  - 13 Turn **LEFT** onto Noank Rd (Rt 215).
  - 14 Turn **RIGHT** onto Main St, continue across drawbridge then turn **RIGHT** onto Cottrell St.
- You're back at Mystic River Park!

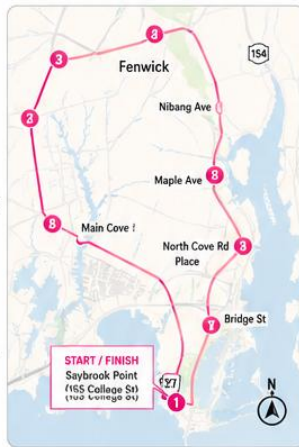


## OLD SAYBROOK TRAINING WALKS

STARTING POINT: Saybrook Point (155 College St)  
Walkers gather in the lot across from Saybrook Point Resort & Marina.

### 6-MILE LOOP

- 1 Start at Saybrook Point lot.
- 2 Turn **LEFT** onto Bridge St toward causeway.
- 3 Turn **LEFT** onto Nibang Ave into Fenwick to 1st intersection then return to route.
- 4 Turn **LEFT** out of Fenwick continue to 4-way intersection.
- 5 Turn **RIGHT** at 4-way intersection onto Maple Ave.
- 6 Continue **STRAIGHT** on Maple to Main Street.
- 7 Turn **RIGHT** after crossing at Traffic Light to stay on sidewalk.
- 8 Turn **LEFT** onto North Cove Rd.
- 9 Turn **RIGHT** onto Cromwell Place.
- 10 Turn **LEFT** onto Main Street.
- 11 Continue **STRAIGHT** back to parking lot.



### 8-MILE LOOP

- 1 Start at Saybrook Point lot.
  - 2 Turn **LEFT** onto Bridge St toward causeway.
  - 3 At 4-way intersection, **BEAR LEFT** onto Rt 154 toward Town Beach.
  - 4 Turn **RIGHT** onto Plum Bank Rd (Rt 154) – this turns into Great Hammock Rd as it passes over water.
  - 5 Turn **LEFT** onto Old Boston Post Road.
  - 6 Turn **LEFT** onto Rt 1.
  - 7 Turn **LEFT** at McDonald's onto Old Post Rd.
  - 8 Turn **RIGHT** onto Nehantic Trail.
  - 9 Turn **RIGHT** onto Rt 1.
  - 10 Turn **RIGHT** at Shell Station onto Old Boston Post Rd.
  - 11 Turn **RIGHT** onto Main St and continue to Saybrook Point.
- You're back!



### TRAINING TIPS

- ☑ Wear the same shoes and gear you'll use on Walk Day.
- ☑ Start slow and build your distance gradually.
- ☑ Stay hydrated – bring water or plan stops.
- ☑ Walk with a partner or group when possible.
- ☑ Be mindful of traffic and follow pedestrian safety rules.

### MAP LEGEND

- ★ START / FINISH
- 1 ROUTE STEP
- ROUTE PATH
- WATER
- PARK / GREEN SPACE



### SHARE YOUR TRAINING!

Tag us in your training walk photos and inspire others!

[f](#) [i](#) @tbbcf\_walkforcure

#TBBCFWalk #WalkForACure

## 8. Walk Day

### **1** Walk Day Overview

- Multiple distances & start locations
- Staggered start times
- Pit stops every ~3 miles
- Pit stop start + finish times are printed on the backs of your bib (based on 14-20 minute/mile pace)
- Medical + volunteer support along route

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### What to Bring

- Comfortable walking shoes
- Extra socks
- Sunscreen / rain gear
- Snacks (if needed)
- Phone

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### What NOT to Bring

- Large bags
- Bikes / scooters
- Pets (except service animals)

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### Rain or Shine

The Walk takes place rain or shine—because breast cancer doesn't wait.



## Tips for Walking in the Rain



Each person's experience of walking in the rain is different. Below are some things you should be aware of:

1. Nylon or cotton clothing can cause rashes.
2. Plastic ponchos keep in the heat and do not allow you to sweat.
3. A rain jacket that breathes allows the release of body heat.
4. If doing the full marathon, consider carrying an extra pair of socks in a zip lock bag or perhaps someone can meet you at Rocky Neck (lunch) with dry socks. If someone meets you, perhaps they can bring an extra set of dry clothing as well.
5. Wear the same clothing and shoes that you have been training in. Dressing in layers is good. If you need to shed clothing, bins will be available at each pit stop where volunteers will place

clothing in a zip lock bag with your name on it, and they can be picked up at Camp Harkness.

6. Be aware that the In-Person Walk will take place in rain or shine (only severe weather will cancel it), so it is best to be prepared!

Whether walking in rain or sun, the walk experience is one that you will cherish. Our volunteers work hard to ensure you are taken care of. Struggling with breast cancer is hard.... Walking in a marathon is hard, but not as hard as breast cancer.

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## 9. On the Course

Along the route, you'll find:

- 9 Pit stops with water & snacks
- Pit stops are scheduled to stay open based on a 14 – 20 minute mile pace (see back of your bib on walk day for actual times)
- Medical support at each pit stop as well as Opening and Closing Ceremonies
- Volunteers cheering you on

Need help?

- Flag a cyclist
  - Use sweep vehicles (phone numbers will be on back of your bib)
  - Call 911 in emergencies
- 

## 10. The Route



### FULL MARATHON ROUTE

**Old Saybrook → Old Lyme → East Lyme → Waterford**

(26.2 miles | Finish: Camp Harkness)

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### SECTION 1: OLD SAYBROOK (Start → Pit Stop 2)



**Start: Saybrook Point**



**Walk begins: 7:00 AM**



#### Route Highlights

- Exit park to **Route 154 (College St)** stay on right side
- Turn **RIGHT** onto Cromwell Place
- Turn **LEFT** onto North Cove Rd → reconnect to Route 154
- Continue through **downtown Old Saybrook (Main St)**
- Cross at light → turn **RIGHT** onto Boston Post Rd (Route 1)
- Cross bridge (stay on sidewalk)
- Turn **RIGHT** onto Mill Rock Road

## Pit Stop 1

 NE Medical Supply (Mill Rock Rd)

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### Continue:

- Proceed on Mill Rock Road
- Return to Route 1 → continue ~1.75 miles
- Turn **RIGHT** onto Ferry Rd
- Pass under Baldwin Bridge
- Turn **LEFT** onto Essex Rd

## Pit Stop 2

 American Legion (Essex Rd)

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## SECTION 2: OLD LYME (Pit Stop 2 → Pit Stop 4)

 Cross Baldwin Bridge (pedestrian walkway)

### Route Highlights

- Turn **LEFT**, cross at light, then **RIGHT** onto Route 156 (Shore Rd)
- Continue ~2.5 miles south

## Pit Stop 3

 Anne's Episcopal Church (Shore Rd)

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### Continue:

- LEFT onto Route 156
- LEFT onto Bailey Rd
- RIGHT onto Mile Creek Rd (~2 miles)
- BEAR LEFT at 3-way intersection onto Flat Rock Hill Rd
- LEFT → continue uphill on Flat Rock Hill Rd (~.5 mile)
- RIGHT onto Hatchetts Hill Rd (~1.5 miles)

## Pit Stop 4

 Nancy Larson Science Center (corner of Hatchetts/High St)

### Continue:

- LEFT onto Hatchetts Hill Rd
  - RIGHT onto Four Mile River Rd stay on right until past entrances/exits for I-95.
  - LEFT onto Colton Rd
  - RIGHT onto Capitol Drive
- 

## SECTION 3: EAST LYME / ROCKY NECK (Half Start → Lunch)

 Half Marathon Start: Capitol Drive (10:00 AM)

### Key Safety Area

- Route 156 = **busy road**
- Walk **single file on left side**

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### **Route Highlights**

- Proceed through **Rocky Neck Village**
- LEFT onto Route 156
- Cross at light and enter **Rocky Neck State Park**
- RIGHT at ticket booth
- Follow signs through campground + beach road to parking lot.

### **Pit Stop 5 (LUNCH)**

-  **Rocky Neck State Park (Beach Area)**
- 

## **SECTION 4: NIAN TIC (Pit Stop 5 → Pit Stop 7)**

### **Route Highlights**

- Rejoin road (~.5 miles) → to marked path to connect to **Giant's Neck Rd**
- RIGHT onto Giant's Neck Road
- Left → Griswold Dr (*steep hill*)
- RIGHT onto South Edgewood Rd
- LEFT onto Woodbridge Rd
- RIGHT onto Marshfield Road + wooded path
- Left onto Brainard Rd
- RIGHT onto Fairhaven Rd
- Cross Patagansett River
- Stay LEFT at stop sign → RIGHT onto Old Black Point Rd
- After railroad underpass LEFT onto Crescent Ave
- LEFT onto Atlantic Ave → along shoreline


### **Pit Stop 6**

-  **McCook Point Park, Niantic**
- 

#### **Continue:**

- Up Atlantic Ave → RIGHT onto Columbus Ave
- RIGHT onto Katherine St
- LEFT onto Haigh Ave
- RIGHT onto Main St (Route 156)

### **Pit Stop 7**

-  **Black Sheep (Full-Service Stop)**

#### **Continue:**

- East to Niantic River Bridge (~1 mile)

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## SECTION 5: WATERFORD (Final Stretch → Finish)

 **Quarter Marathon Start: Niantic Baptist Church, 443 Main St, Niantic (1:00 PM)**

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### **Route Highlights**

- Continue on left-side sidewalk on Route 156 (Rope Ferry Rd)
- **RIGHT** at light onto Gardiners Wood Rd

### **Pit Stop 8**

 **Babe Ruth Field (intersection Route 156 and Gardiners Wood Rd)**

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### **Continue:**

#### **Key Safety Area**

- Walk **single file on left side of Gardiners Wood Rd**
- **LEFT** onto Jordan Cove Rd
- **RIGHT** onto Shore Rd
- **LEFT** onto Palmer Rd

### **Pit Stop 9**

 **Goshen Firehouse**

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### **Final Stretch**

- Continue East on Goshen Rd
- Right onto Great Neck Rd
- Enter **Harkness Memorial State Park**
- Follow signs to finish

 **FINISH: Camp Harkness**

 **5K on-site registration begins at 2:00 p.m. with flexible start between 2:00-2:30pm and takes place within Camp Harkness/Harkness Park.**

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## **11. Finish Line Experience**

### **Celebrate Your Achievement**

At the finish line, you'll enjoy:

- Food & refreshments
- Music & celebration
- Face Painting and games

- Recognition of your accomplishment
- Closing Ceremony
- Shuttle buses are available to starting locations

**You did it. And you made a difference!**

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## 12. Stay Connected

Follow us for updates, training walks, and inspiration:

- On our website
  - Our Social media
  - Email updates
- 

## 13. Training Resources

### ***Tools to Help You Prepare and Succeed***

Whether you're walking your first 5K or training for a full marathon, these resources will help you **build endurance, stay motivated, and walk with confidence.**



### **Pro Tip**

The best training plan is the one you can stick with.

Start where you are, build gradually, and stay consistent



### **Walking Apps**

Use a walking app to **track your distance, pace, and progress** during training.

👉 *Explore recommended apps in your mobile phone store.*

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## **Online Training Resources**



### **Nutrition & Walking Strategy**

#### **Fleet Feet**

[https://www.fleetfeet.com/s/columbus/training/mit-articles/nutrition-for-runners-walkers?srsId=AfmBOor2tl8D6d3KFaKdckax4WZsKEhqa0HLDW9BC3ofHDysTzM\\_izqk](https://www.fleetfeet.com/s/columbus/training/mit-articles/nutrition-for-runners-walkers?srsId=AfmBOor2tl8D6d3KFaKdckax4WZsKEhqa0HLDW9BC3ofHDysTzM_izqk)

Learn how proper nutrition supports your training and helps you perform your best on Walk Day.

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### **Training Plans for All Levels**

#### **Hal Higdon Training Guide**

<https://www.halhighdon.com/training/half-marathon-training/>

Step-by-step training plans for:

- Beginner (Novice 1 & 2) through Advanced
  - Walking-specific programs
- 



### **Walking Tips & Community**

## The Walking Site

<https://www.thewalkingsite.com>

A comprehensive resource with:

- Beginner tips
  - Walking programs
  - FAQs and training advice
  - Event and club information
- 

## Recommended Reading

### Learning to Walk

*Sheilagh Conklin*

A motivating guide that takes you from beginner to marathon walker.

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### Marathoning for Mortals

*John Bingham & Jenny Hadfield*

A practical and encouraging guide for everyday people training for long-distance walking or running.

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### The Complete Guide to Marathon Walking

*Dave McGovern*

A detailed resource covering:

- Training plans
  - Technique
  - Race preparation
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### Absolute Beginner's Guide to Half-Marathon Training

*Heather Hedrick*

Perfect for those just starting out, with:

- Step-by-step guidance
- Illustrations
- Motivation tips
- Injury prevention advice