

Edinboro University of Pennsylvania

Walking Fitness Program

Stroll (20-minute mile)

This is a beginner's pace equal to three miles per hour. You will work on distance rather than speed.

Correct alignment: Stand erect with the ear, shoulder, hip, knee and ankle in a straight line. Keep the head up as you walk; arms swing loosely, and take a natural stride. Wear comfortable and appropriate shoes.

Brisk Walk (15-minute mile)

This is a moderate pace equal to four miles per hour. You will work on increasing speed.

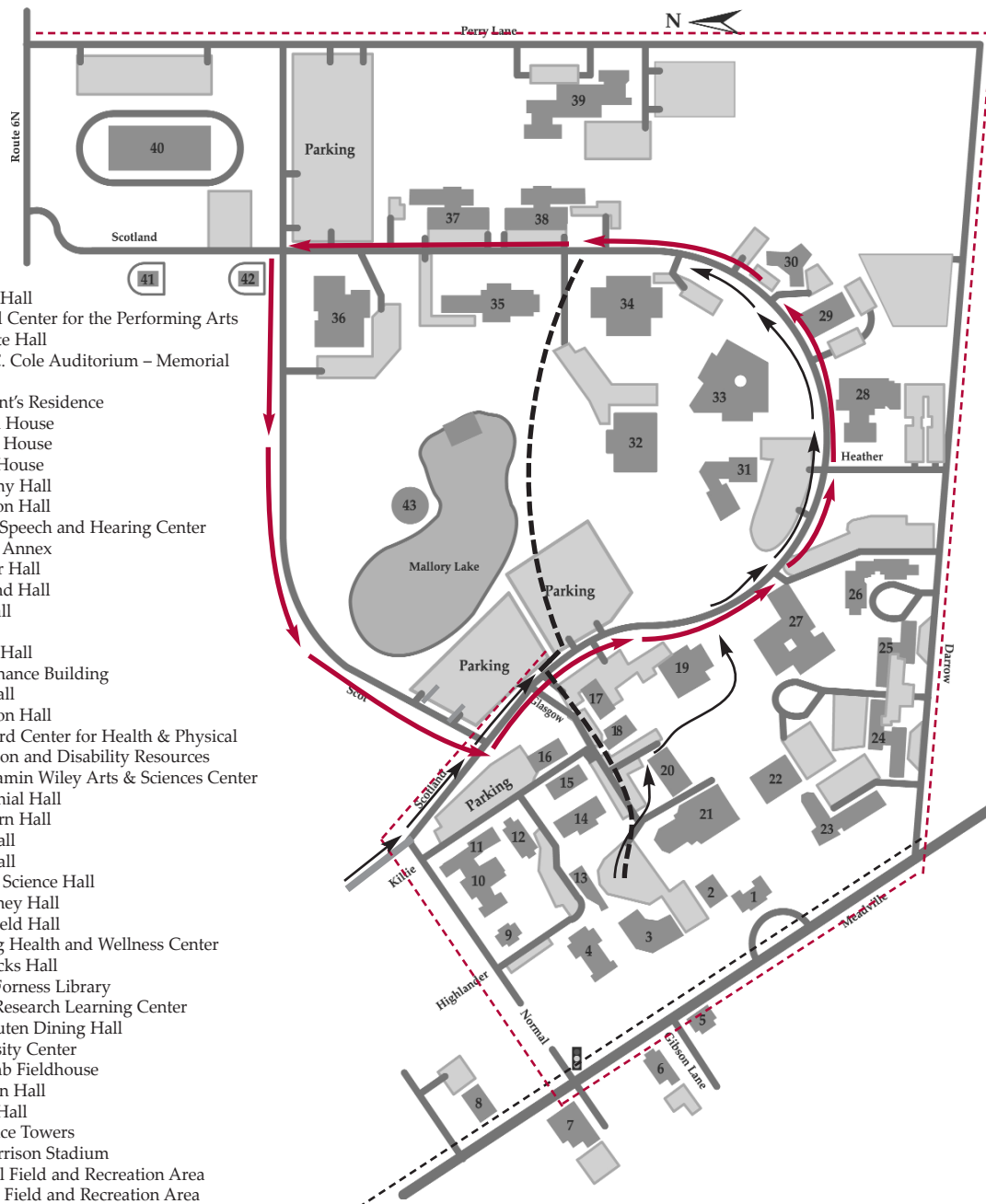
Correct alignment: Stand erect with the ear, shoulder, hip and ankle in a straight line. Keep the head up as you walk; arms swing fully extended from the shoulders. Wear a shoe constructed for walking.

Aerobic (12-minute mile)

This is a high-intensity pace equal to five miles per hour. You will work on correct technique.

Correct alignment: Stand erect, keep the head up and form loose fists. Bend the arms to form 90 degree angles at the elbows on the shoulder swing. Keep the elbows close to your body on the swing, but not touching. Keep the legs straight, concentrating on planting your heel and pushing off your toes, putting emphasis on the outside edge of the foot. Wear shoes with a flexible sole and extra cushion on the inside of the heel, less on the outside of the heel to facilitate the heel plant.

1. Reeder Hall
2. Diebold Center for the Performing Arts
3. Doucette Hall
4. Louis C. Cole Auditorium – Memorial Hall
5. President's Residence
6. Alumni House
7. Biggers House
8. Taylor House
9. Academy Hall
10. Compton Hall
11. Leader Speech and Hearing Center
12. Faculty Annex
13. Heather Hall
14. Loveland Hall
15. East Hall
16. Garage
17. Earley Hall
18. Maintenance Building
19. Ross Hall
20. Hamilton Hall
21. Crawford Center for Health & Physical Education and Disability Resources
22. R. Benjamin Wiley Arts & Sciences Center
23. Centennial Hall
24. Dearborn Hall
25. Earp Hall
26. Rose Hall
27. Cooper Science Hall
28. McNerney Hall
29. Butterfield Hall
30. Ghering Health and Wellness Center
31. Hendricks Hall
32. Baron-Forness Library
33. Miller Research Learning Center
34. VanHouten Dining Hall
35. University Center
36. McComb Fieldhouse
37. Scranton Hall
38. Shafer Hall
39. Lawrence Towers
40. Sox Harrison Stadium
41. Baseball Field and Recreation Area
42. Softball Field and Recreation Area
43. Gazebo



Mileage Chart

- 2 miles
- _____ 1 mile
- 1/2 mile
- _____ 1/4 mile