**5K Walk**

**Weeks 1-3 Training Program**

**Training Goals**

1. Be able to complete a 5K (3.1 miles) in 1 hour or less
2. Improve walking posture and form
3. Complete the 5K feeling energized instead of exhausted

**Week 1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 15 min.  Walk | 15 min.  Walk | Rest | 15 min.  Walk | 15 min.  Walk | Rest | 15 min.  Walk |

Weekly Total: 60-75 min

* Walk at an easy pace
* Take an additional “rest” day if needed

**Week 2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 15 min.  Walk | 20 min.  Walk | Rest | 15 min.  Walk | 20 min.  Walk | Rest | 15 min.  Walk |

Weekly Total: 60-75 min

* Walk at an easy pace
* Take an additional “rest” day if needed

**Week 3**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| 20 min.  Walk | 20 min.  Walk | Rest | 1.75 miles  Walk | 30-50 min.  Walk | Rest | 20 min.  Walk |

Weekly Total: 90 + min, 1.75 miles at one time

* Day 4 – walk a specific distance at a brisk pace
* Day 5 – walk for a longer amount of time without worrying about the distance that you cover, take rests as needed
* Take an additional “rest” day if needed

**The above times are suggestion. Please feel free to increase and/or decrease these times as appropriate for your fitness level.**

**My 5K Walk**

**Weeks 4-6 Training Program**

**Training Goals**

1. Be able to complete a 5K (3.1 miles) in 1 hour or less
2. Improve walking posture and form
3. Complete the 5K feeling energized instead of exhausted

**Week 4-6**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Wednesday**  **Day 1** | **Thursday**  **Day 2** | **Friday**  **Day 3** | **Saturday**  **Day 4** | **Sunday**  **Day 5** | **Monday**  **Day 6** | **Tuesday**  **Day 7** |
| 30 min.  Walk | 30 min.  Walk | Rest | 3.1 miles  Walk | 30-50 min.  Walk | Rest | 20 min.  Walk |

*Weekly Total: 110 + min, 3.1 miles at one time*

* Day 4 – walk a specific distance at a brisk pace
* Day 5 – walk for a longer amount of time without worrying about the distance that you cover, take rests as needed
* Take an additional “rest” day if needed
* The above times are suggestions only – increase or decrease these times as appropriate for your fitness level

**My 5K Walk**

**Weeks 7-9 Training Program**

**Training Goals**

1. Be able to complete a 5K (3.1 miles) in 1 hour or less
2. Improve walking posture and form
3. Complete the 5K feeling energized instead of exhausted

**Week 7-8**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Wednesday**  **Day 1** | **Thursday**  **Day 2** | **Friday**  **Day 3** | **Saturday**  **Day 4** | **Sunday**  **Day 5** | **Monday**  **Day 6** | **Tuesday**  **Day 7** |
| 30 min.  Walk | 30 min.  Walk | Rest | 3.1 miles  Walk | 30-50 min.  Walk | Rest | 20 min.  Walk |

*Weekly Total: 110 + min, 3.1 miles at one time*

* Day 7 – walk a specific distance at a brisk pace
* Day 8 – walk for a longer amount of time without worrying about the distance that you cover, take rests as needed
* Take an additional “rest” day if needed
* The above times are suggestions only – increase or decrease these times as appropriate for your fitness level

**YOU DID IT!!! 😊**