

10K Walk Training

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 mile walk	45-90 min walk
2	Rest or walk	35 min walk	Rest or walk	35 min walk	Rest	3.5 mile walk	55-90 min walk
3	Rest or walk	40 min walk	Rest or walk	40 min walk	Rest	4 mile walk	65-90 min walk
4	Rest or walk	45 min walk	Rest or walk	45 min walk	Rest	4.5 mile walk	75-90 min walk
5	Rest or walk	50 min walk	Rest or walk	50 min walk	Rest	5 mile walk	80-90 min walk
6	Rest or walk	55 min walk	Rest or walk	55 min walk	Rest	5.5 mile walk	85-90 min walk
7	Rest or walk	60 min walk	Rest or walk	60 min walk	Rest	6 mile walk	90 min walk
8	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	10K Walk

Instructions:

At least one day a week, go for a long walk without worrying about exactly how much distance you cover or exactly how long it takes to cover it. For instance, walk in the woods over unmeasured trails. Most people should be able to walk continuously for an hour or more at least once a week, even if it means walking very slowly or pausing to rest.