

### 5K Walk Training

<b>Week</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 mile walk	30-60 min walk
2	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 mile walk	35-60 min walk
3	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2 mile walk	40-60 min walk
4	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 mile walk	45-60 min walk
5	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.5 mile walk	50-60 min walk
6	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 mile walk	55-60 min walk
7	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 mile walk	60 min walk
8	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	5K Walk

Instructions:

Tip: Start in the back so you don't force faster runners to dodge around you. Wear comfortable walking shoes!