



8 Week 5k Training Plan **WALKING**

Before beginning any exercise program, visit your doctor for a complete physical.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Walk 15 Minutes	Cross-train	Walk 15-20 Minutes	Cross-train	REST	Walk 20 Minutes	REST
Week 2	Walk 20 Minutes	Cross-train	Walk 20 Minutes	Cross-train	REST	Walk 25 Minutes	REST
Week 3	Walk 25 Minutes	Cross-train	Walk 25 Minutes	Cross-train	REST	Walk 30 Minutes	REST
Week 4	Walk 35 Minutes	Cross-train	Walk 35 Minutes	Cross-train	REST	Walk 40 Minutes	REST
Week 5	Walk 40 Minutes	Cross-train	Walk 40 Minutes	Cross-train	REST	Walk 50 Minutes	REST
Week 6	Walk 45 Minutes	Cross-train	Walk 45 Minutes	Cross-train	REST	Walk 60 Minutes	REST
Week 7	Walk 50 Minutes	Cross-train	Walk 50 Minutes	Cross-train	REST	Walk 60 Minutes	REST
Week 8	Walk 30 Minutes	Cross-train	Walk 15 Minutes	EVENT DAY <i>(Have Fun!)</i>	REST	Walk 30 Minutes	REST

POINTERS AND TIPS

- Walk briskly or “with purpose.”
- Set a comfortable pace. You should be able to carry on a conversation while walking.
- Take breaks as needed.
- Workout and rest days are flexible.
- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight lifting, or yoga.



For more information visit Trackshack.com for group training, race details and training articles.

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Purchase Brooks shoes at Track Shack and Brooks will donate 10 meals to Second Harvest Food Bank for every pair sold!