



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.



LIVE THE WAY YOU RUN. RUN HAPPY.



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