

# 8 Week 5k Training Plan **WALKING**

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

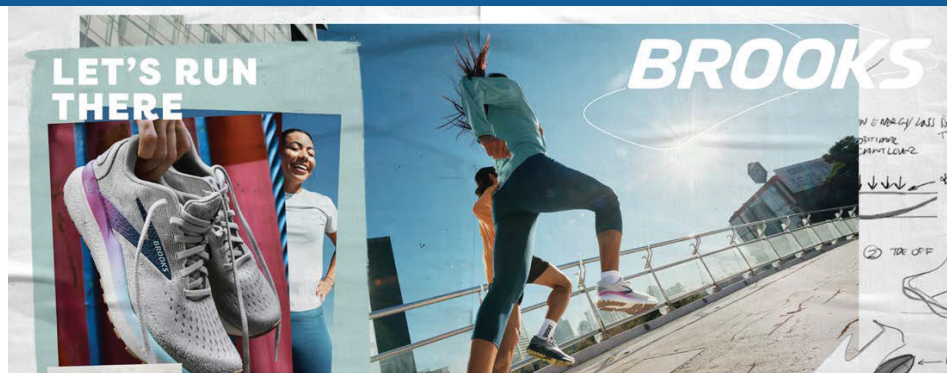
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Walk 15 Minutes	Cross-train	Walk 15 - 20 Minutes	Cross-train	REST	Walk 20 Minutes	REST
<b>WEEK 2</b>	Walk 20 Minutes	Cross-train	Walk 20 Minutes	Cross-train	REST	Walk 25 Minutes	REST
<b>WEEK 3</b>	Walk 25 Minutes	Cross-train	Walk 25 Minutes	Cross-train	REST	Walk 30 Minutes	REST
<b>WEEK 4</b>	Walk 35 Minutes	Cross-train	Walk 35 Minutes	Cross-train	REST	Walk 40 Minutes	REST
<b>WEEK 5</b>	Walk 40 Minutes	Cross-train	Walk 40 Minutes	Cross-train	REST	Walk 50 Minutes	REST
<b>WEEK 6</b>	Walk 45 Minutes	Cross-train	Walk 45 Minutes	Cross-train	REST	Walk 60 Minutes	REST
<b>WEEK 7</b>	Walk 50 Minutes	Cross-train	Walk 50 Minutes	Cross-train	REST	Walk 60 Minutes	REST
<b>WEEK 8</b>	Walk 30 Minutes	Cross-train	Walk 15 Minutes	<b>EVENT DAY</b> (Have Fun!)	REST	REST	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 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](http://Trackshack.com)  
for group training, race details,  
and training articles.



## BUY BROOKS AND SUPPORT OUR NEIGHBORS IN NEED

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

