

5K Training Schedule – Walking (This is only a guide and should be modified to suite individual needs.)

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	<b>15min.walk</b>	<b>15 min. walk</b>	Rest Day	<b>15 min. walk</b>	<b>15 min. walk</b>	Rest Day	<b>15 min. walk</b>
<b>2</b>	<b>20 min. walk</b>	<b>20 min. walk</b>	Rest Day	<b>20 min. walk</b>	<b>25 min. walk</b>	Rest Day	<b>25 min. walk</b>
<b>3</b>	<b>25 min. walk</b>	<b>25 min. walk</b>	Rest Day	<b>25 min. walk</b>	<b>30 min. walk</b>	Rest Day	<b>30 min. walk</b>
<b>4</b>	<b>30 min. walk</b>	<b>30 min. walk</b>	Rest Day	<b>30 min. walk</b>	<b>35 min. walk</b>	Rest Day	<b>35 min. walk</b>
<b>5</b>	<b>35 min. walk</b>	<b>35 min. walk</b>	Rest Day	<b>35 min. walk</b>	<b>40 min. walk</b>	Rest Day	<b>40 min. walk</b>
<b>6</b>	<b>40 min. walk</b>	<b>40 min. walk</b>	Rest Day	<b>40 min. walk</b>	<b>45 min. walk</b>	Rest Day	<b>45 min. walk</b>
<b>7</b>	<b>45 min. walk</b>	<b>45 min. walk</b>	Rest Day	<b>50 min. walk</b>	<b>50 min. walk</b>	Rest Day	<b>55 min. walk</b>
<b>8</b>	<b>55 min. walk</b>	<b>55 min. walk</b>	Rest Day	<b>55 min. walk</b>	<b>60 min. walk</b>	Rest Day	<u>60 min. walk (5km)</u>

- 1) This is an eight-week walking program aimed at beginners who are presently not exercising with the goal to finish a 5km walk.
- 2) Like all exercise programs, you should get your doctors approval before you begin the program.
- 3) You should aim for a brisk walking pace. However, you should not be out of breath while walking. This means you are walking to fast and should slow your walking speed.
- 4) This is just a guide; you can modify it to walk longer or shorter times and distances.
- 5) If the goal is to complete a longer race, you must increase your daily walking time. So, if your goal is 10km you should try and do two sessions a day of at least 45mins each, or one long session of 90 – 120 minutes at least 5 times a week.
- 6) On your rest days you can try some yoga, stretching or light calisthenic exercise like pushups and core work.