

Walkers 5k Training Plan

| WEEK | M | T | W | TH | F | SAT | SUN |
|------|--------------|-------------|--------------|-------------|------|-------------|-----------------|
| 1 | Rest or walk | 15 min walk | Rest or walk | 15 min walk | Rest | 1.5 m walk | 30-60 min walk |
| 2 | Rest or walk | 15 min walk | Rest or walk | 15 min walk | Rest | 1.75 m walk | 35-60 min walk |
| 3 | Rest or walk | 20 min walk | Rest or walk | 20 min walk | Rest | 2 m walk | 40-60 min walk |
| 4 | Rest or walk | 20 min walk | Rest or walk | 20 min walk | Rest | 2.25 m walk | 45-60 min walk |
| 5 | Rest or walk | 25 min walk | Rest or walk | 25 min walk | Rest | 2.5 m walk | 50-60 min walk |
| 6 | Rest or walk | 25 min walk | Rest or walk | 25 min walk | Rest | 2.75 m walk | 55-60 min walk |
| 7 | Rest or walk | 30 min walk | Rest or walk | 30 min walk | Rest | 3 m walk | 60 min walk |
| 8 | Rest or walk | 30 min walk | Rest or walk | 30 min walk | Rest | Rest | 5-K Race |

Key:

M – mile