

5 K - Ten Week Training Plan for the New Walker

WEEK	MON.	TUES.	WED.	THUR.	Fri.	SAT.	SUN.
1	Rest	walk 15 min.	cross train	walk 15 min.	Rest	walk 2 K	20 - 40 min
2	Rest	walk 15 min.	cross train	walk 15 min.	Rest	walk 2 K	25 - 40 min
3	Rest	walk 20 min.	cross train	walk 20 min.	Rest	walk 2.5 K	30 - 40 min
4	Rest	walk 20 min.	cross train	walk 20 min.	Rest	walk 2.5 K	35 - 45 min
5	Rest	walk 25 min.	cross train	walk 25 min.	Rest	walk 3 K	40 - 50 min
6	Rest	walk 25 min.	cross train	walk 25 min.	Rest	walk 3 K	45 - 50
7	Rest	walk 25 min.	cross train	walk 25 min.	Rest	walk 3.5 K	50 - 60
8	Rest	walk 30 min.	cross train	walk 30 min.	Rest	walk 4 K	55 - 60
9	Rest	walk 30 min.	cross train	walk 30 min.	Rest	walk 4.5 K	60
10	Rest	walk 30 min.	cross train	walk 30 min.	Rest	walk 5 K	Rest

This plan is for someone who has not done a lot of walking and wants to finish the 5 K distance comfortably

Remember:

- *walk at your own pace, you will get faster the more you walk
 - *most of your walks are for time not distance
 - *cross train one day a week and take the rest days
 - *Sundays are for a long slow walk
 - *the 5 K race should take you between 50 to 65 minutes ...
- ENJOY THE JOURNEY!!**