

First Steps Workshop MINDS IN MOTION - KW WALKING CLASSIC

5 K - Intermediate Ten Week Training Plan

WEEK	MON.	TUES.	WED.	THUR. workshop	Fri.	SAT. LSD	SUN.
1	Rest	walk 20 min.	cross train	walk 30 min.	walk 20 min.	walk 4 K	Rest
2	Rest	walk 20 min.	cross train	walk 30 min.	walk 20 min.	walk 4 K	Rest
3	Rest	walk 20 min.	cross train	walk 30 min.	walk 20 min.	walk 4.5 K	Rest
4	Rest	walk 20 min.	cross train	walk 30 min.	walk 20 min.	walk 5 K	Rest
5	Rest	walk 25 min.	cross train	walk 30 min.	walk 25 min.	walk 5.5 K	Rest
6	Rest	walk 25 min.	cross train	walk 30 min.	walk 25 min.	walk 6 K	Rest
7	Rest	walk 25 min.	cross train	walk 30 min.	walk 25 min.	walk 6 K	Rest
8	Rest	walk 30 min.	cross train	walk 30 min.	Rest	Rest	5 KM Race
9	Rest	walk 30 min.	cross train	walk 30 min.	walk 30 min.	walk 6 K	Rest
10	Rest	walk 30 min.	cross train	walk 30 min.	walk 30 min.	walk 7 K	Rest

This plan is for someone who has done a fair amount of walking, can walk 3 km 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 (30 minutes usually will be approx. 3 K)

*cross train one day a week or rest that day

*Sundays are for a long slow walk

*the 5 K race should take you between 50 to 65 minutes ... ENJOY THE JOURNEY!!

