

# 5K Walk Training

The 5K Walk Training Guide is designed to help you prepare for a 5K walk. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 1 has FOUR training days and THREE rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

		Time	Distance	Notes
	 <b>Training Day #1</b> _____	20-30 Minutes	_____	Moderate Walk
	 <b>Training Day #2</b> _____	20-30 Minutes	_____	Moderate Walk
	 <b>Training Day #3</b> _____	20-30 Minutes	_____	Moderate Walk
	 <b>Training Day #4</b> _____	_____	1.5 Miles	Walk

**Week 1 Training Tip:** Runner's World Magazine suggests that new trainers scout out safe routes for them to complete their workout. Look for places you can walk that are free of traffic; examples of this could be parks, bike paths, hiking trails, and rubber tracks.

# 5K Walk Training

The 5K Walk Training Guide is designed to help you prepare for a 5K walk. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 2 has FOUR training days and THREE rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

		Time	Distance	Notes
2 W E E K	Training Day #1 _____	20-30 Minutes	_____	Moderate Walk
	Training Day #2 _____	20-30 Minutes	_____	Moderate Walk with Incline
	Training Day #3 _____	20-30 Minutes	_____	Moderate Walk
	Training Day #4 _____	_____	1.75 Miles	Walk

**Week 2 Training Tip:** Check your shoes and gear. Make sure that your shoes are not worn out and that your clothes are appropriate for the time of day and year that you exercise during. Check out your favorite store that sells workout clothes—most clothing is season specific and is designed to wick away moisture to keep you as comfortable as possible as you move.



# 5K Walk Training

The 5K Walk Training Guide is designed to help you prepare for a 5K walk. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 3 has FOUR training days and THREE rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

W  
E  
E  
K  
3

	Time	Distance	Notes
<b>Training Day #1</b> _____	25-35 Minutes	_____	Moderate Walk
<b>Training Day #2</b> _____	_____	1.5 Miles	Walk
<b>Training Day #3</b> _____	25-35 Minutes	_____	Moderate Walk with Incline
<b>Training Day #4</b> _____	_____	2 Miles	Walk

**Week 3 Training Tip:** Find a walking buddy or group to exercise with. You will be more motivated and less likely to miss a workout if you have someone else to go with that holds you accountable for the workout.



# 5K Walk Training

The 5K Walk Training Guide is designed to help you prepare for a 5K walk. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 4 has FOUR training days and THREE rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes
 Training Day #1 _____	25-35 Minutes	_____	Moderate Walk
 Training Day #2 _____	_____	1.5 Miles	Walk
 Training Day #3 _____	25-35 Minutes	_____	Moderate Walk
 Training Day #4 _____	_____	2.25 Miles	Walk

**Week 4 Training Tip:** Schedule your workouts similar to important meetings you have throughout the day and week. Think of it as though you are scheduling yourself and your health into your busy day. This will also help you keep up with your workouts and get a step closer to attaining your goal of completing the 5K!

# 5K Walk Training

The 5K Walk Training Guide is designed to help you prepare for a 5K walk. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 5 has FIVE training days and TWO rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

		<b>Time</b>	<b>Distance</b>	<b>Notes</b>
<b>W</b> <b>E</b> <b>E</b> <b>K</b> <b>5</b>	<b>Training Day #1</b> _____	35-45 Minutes	_____	Moderate Walk
	<b>Training Day #2</b> _____	_____	2 Miles	Walk
	<b>Training Day #3</b> _____	30-40 Minutes	_____	Moderate Walk with Incline
	<b>Training Day #4</b> _____	30-40 Minutes	_____	Moderate Walk
	<b>Training Day #5</b> _____	_____	2.5 Miles	Walk

**Week 5 Training Tip:** Reward yourself for your accomplishments throughout your training. Whether you are halfway through your training for a 5K (wink, wink!) or if you have walked further/longer/faster than you ever have before, reward yourself. Give yourself credit for anything you are proud of!

# 5K Walk Training

The 5K Walk Training Guide is designed to help you prepare for a 5K walk. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 6 has FIVE training days and TWO rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes
<b>6</b> _____	40-50 Minutes	_____	Moderate Walk
<b>W</b> _____	_____	2 Miles	Walk
<b>E</b> _____	30-40 Minutes	_____	Moderate Walk with Incline
<b>E</b> _____	30-40 Minutes	_____	Moderate Walk
<b>W</b> _____	_____	2.75 Miles	Walk

**Week 6 Training Tip:** Do not push yourself more than you are ready for. Listen to your body. Some muscle soreness is common and normal, but if you start feeling overly fatigued, more sore than usual, or lacking the motivation to walk, try taking a day off to recuperate.

# 5K Walk Training

The 5K Walk Training Guide is designed to help you prepare for a 5K walk. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 7 has FIVE training days and TWO rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

		<b>Time</b>	<b>Distance</b>	<b>Notes</b>
<b>W E E K 7</b>	<b>Training Day #1</b> _____	35-45 Minutes	_____	Moderate Walk
	<b>Training Day #2</b> _____	_____	2 Miles	Walk
	<b>Training Day #3</b> _____	35-45 Minutes	_____	Moderate Walk with Incline
	<b>Training Day #4</b> _____	35-45 Minutes	_____	Moderate Walk
	<b>Training Day #5</b> _____	_____	3 Miles	Walk

**Week 7 Training Tip:** Find the right pace for yourself while you are walking. Listen to your body! Trying to keep the same pace throughout the workout is a good goal to have. If you need to slow down, you are probably going too fast!

# 5K Walk Training

The 5K Walk Training Guide is designed to help you prepare for a 5K walk. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 8 has THREE training days and the RACE DAY! Look at your schedule and decide what days of the week will work best for you as training days. The Friday before the race should be a rest day.

8

W

E

E

W

	Time	Distance	Notes
<b>Training Day #1</b> _____	35-45 Minutes	_____	Moderate Walk
<b>Training Day #2</b> _____	_____	2 Miles	Walk
<b>Training Day #3</b> _____	_____	1 Mile	Walk
<b>RACE DAY!</b>	_____	3.1 Miles	Walk

**CONGRATULATIONS. IT IS RACE WEEK!**

Make sure you get plenty of rest before the 5K.