# 5k Training Plan - Walking

<table>
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<tr>
<th>Week 1</th>
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| 8/15-8/21 | Rest   | Cross training (bike, elliptical, swim, lift weights, etc.) | 1) 5 min warm-up walk  
2) 8 x (1:30 vigorous walk, 2:00 easy walk)  
3) cool down | Cross training (bike, elliptical, swim, lift weights, etc.)  
OR rest day  
3) cool down | Rest | 1) 5 min warm-up walk  
2) 9 x (1:30 vigorous walk, 2:00 easy)  
3) cool down | 

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<th>Week 2</th>
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| 8/22-8/28 | Rest   | Cross training (bike, elliptical, swim, lift weights, etc.) | 1) 5 min warm-up walk  
2) 2 x (1:30 vigorous walk, 1:30 easy, 3:00 vigorous walk, 3:00 easy)  
3) cool down | Cross training (bike, elliptical, swim, lift weights, etc.)  
OR rest day  
3) cool down | Rest | 1) 5 min warm-up walk  
2) 3 x (1:30 vigorous walk, 1:30 easy, 3:00 vigorous walk, 3:00 easy)  
3) cool down | 

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<th>Week 3</th>
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| 8/29-9/4 | Rest   | Cross training (bike, elliptical, swim, lift weights, etc.) | 1) 5 min warm-up walk  
2) 3 x (5:00 vigorous walk, 3:00 easy)  
3) cool down | Cross training (bike, elliptical, swim, lift weights, etc.)  
OR rest day  
3) cool down | Rest | 1) 5 min warm-up walk  
2) 20-30 minute vigorous walk without stopping  
3) cool down | 

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<th>Week 4</th>
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| 9/5-9/11 | Rest   | Cross training (bike, elliptical, swim, lift weights, etc.) | 1) 5 min warm-up walk  
2) 5:00 vigorous, 3:00 easy, 8:00 vigorous, 3:00 easy, 5:00 vigorous, 3:00 easy  
3) cool down | Cross training (bike, elliptical, swim, lift weights, etc.)  
OR rest day  
3) cool down | Rest | 1) 5 min warm-up walk  
2) 25-35 minute vigorous walk without stopping  
3) cool down | 

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<th>Week 5</th>
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| 9/12-9/18 | Rest   | Cross training (bike, elliptical, swim, lift weights, etc.) | 1) 5 min warm-up walk  
2) 15:00 vigorous, 3:00 easy, 15:00 vigorous  
3) cool down | Cross training (bike, elliptical, swim, lift weights, etc.)  
OR rest day  
3) cool down | Rest | 1) 5 min warm-up walk  
2) 40 minute vigorous walk without stopping  
3) cool down | 

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<th>Week 6</th>
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| 9/19-9/23 | Rest   | Cross training (bike, elliptical, swim, lift weights, etc.) | 1) 5 min warm-up walk  
2) 15:00 vigorous, 3:00 easy, 15:00 vigorous  
3) cool down | Cross training (bike, elliptical, swim, lift weights, etc.)  
OR rest day  
3) cool down | Rest | Race day!  
6:30pm Start |