

5k Training Plan - Walking

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 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	1) 5 min warm-up walk 2) 8 x (1:30 vigorous walk, 2:00 easy walk) 3) cool down	Rest	1) 5 min warm-up walk 2) 9 x (1:30 vigorous walk, 2:00 easy) 3) cool down
Week 2 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	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	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
Week 3 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	1) 5 min warm-up walk 2) 2 x (8:00 vigorous walk, 5:00 easy) 3) cool down	Rest	1) 5 min warm-up walk 2) 20-30 minute vigorous walk without stopping 3) cool down
Week 4 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	1) 5 min warm-up walk 2) 10:00 vigorous, 3:00 easy, 12:00 vigorous 3) cool down	Rest	1) 5 min warm-up walk 2) 25-35 minute vigorous walk without stopping 3) cool down
Week 5 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	1) 5 min warm-up walk 2) 20:00 vigorous, 3:00 easy, 15:00 vigorous 3) cool down	Rest	1) 5 min warm-up walk 2) 40 minute vigorous walk without stopping 3) cool down
Week 6 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	Race day! 6:30pm Start		