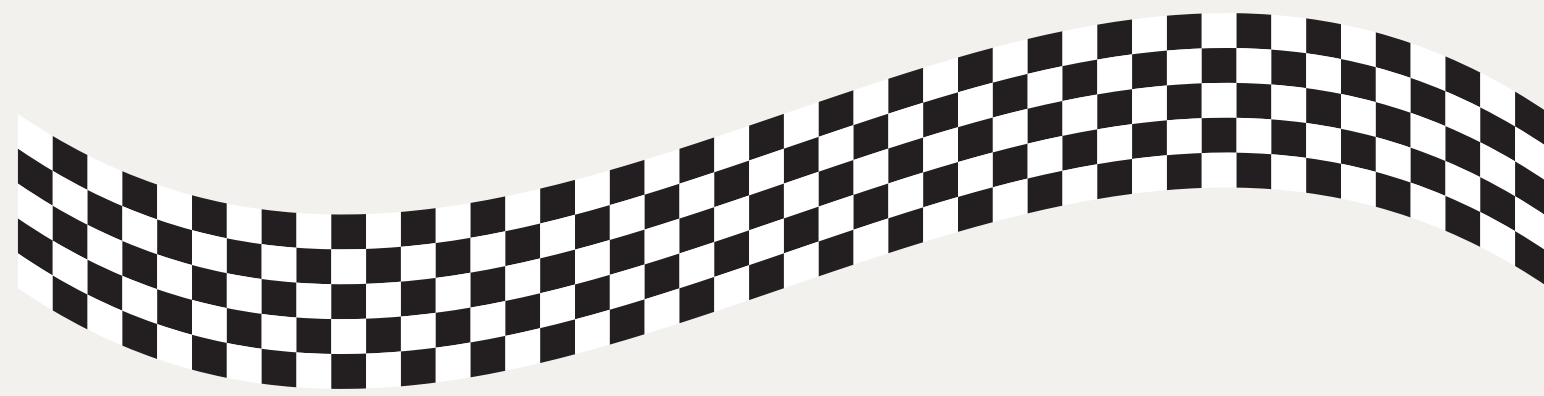



# Walk to 5K TRAINING PLAN



WEEK	Training Day 1	Training Day 2	Training Day 3	BONUS DAY
WEEK 1	Run 5 min, Walk 2 min Repeat 3 rounds	Run 5 min, Walk 2 min Repeat 3 rounds	Walk 5 min -> Run 7 min-> Walk 5 min	20 min Walk
WEEK 2	Run 5 min, Walk 2 min Repeat 3 rounds	Run 5 min, Walk 2 min Repeat 3 rounds	Walk 5 min -> Run 10 min-> Walk 5 min	 20 min Walk
WEEK 3	Run 6 min, Walk 3 min Repeat 3 rounds	Run 6 min, Walk 2 min Repeat 3 rounds	Walk 5 min -> Run 10 min-> Walk 5 min	30 min Walk
WEEK 4	Run 6 min, Walk 2 min Repeat 3 rounds	 Run 7 min, Walk 2 min Repeat 3 rounds	Walk 5 min -> Run 12 min-> Walk 5 min	30 min Walk
WEEK 5	Run 8 min, Walk 3 min Repeat 3 rounds	Run 8 min, Walk 2 min Repeat 3 rounds	Walk 5 min -> Run 15 min-> Walk 5 min	30 min Walk

## GOALS

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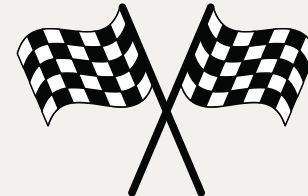
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<b>WEEK 6</b>	<b>Run 8 min, Walk 3 min Repeat 2 rounds</b>	<b>Run 10 min, Walk 3 min, Repeat 3 rounds</b>	<b>Walk 5 min -&gt; Run 15 min-&gt; Walk 5 min</b>	<b>35 min Walk</b>
<b>WEEK 7</b>	<b>Run 10 min, Walk 3 min, Repeat 2 rounds</b>	<b>Run 1 mile, Walk 3 min, Repeat 2 rounds</b>	<b>Walk 5 min -&gt; Run 20 min-&gt; Walk 5 min</b>	<b>35 min Walk</b>
<b>WEEK 8</b>	<b>Run .75 miles, Walk 3 min, Repeat 2 rounds</b>	<b>1.5 mile run</b>	<b>Walk 5 min -&gt; Run 20 min-&gt; Walk 5 min</b>	<b>35 min Walk</b>
<b>WEEK 9</b>	 <b>1.5 mile run</b>	<b>1.75 mile run</b>	<b>Walk 5 min -&gt; Run 25 min-&gt; Walk 5 min</b>	<b>40 min Walk</b>
<b>WEEK 10</b>	<b>1.75 mile run</b>	<b>2.25 mile run</b>	<b>Walk 5 min -&gt; Run 25 min-&gt; Walk 5 min</b>	<b>30 min Walk</b>
<b>WEEK 11</b>	<b>2.25 mile run</b>	<b>2.5 mile run</b>	<b>Walk 5 min -&gt; Run 25 min-&gt; Walk 5 min</b>	<b>30 min Walk</b>
<b>WEEK 12</b>	<b>2 mile run</b>	<b>1.5 mile run</b>	 <b>RACE DAY!</b>	

**GOALS**

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