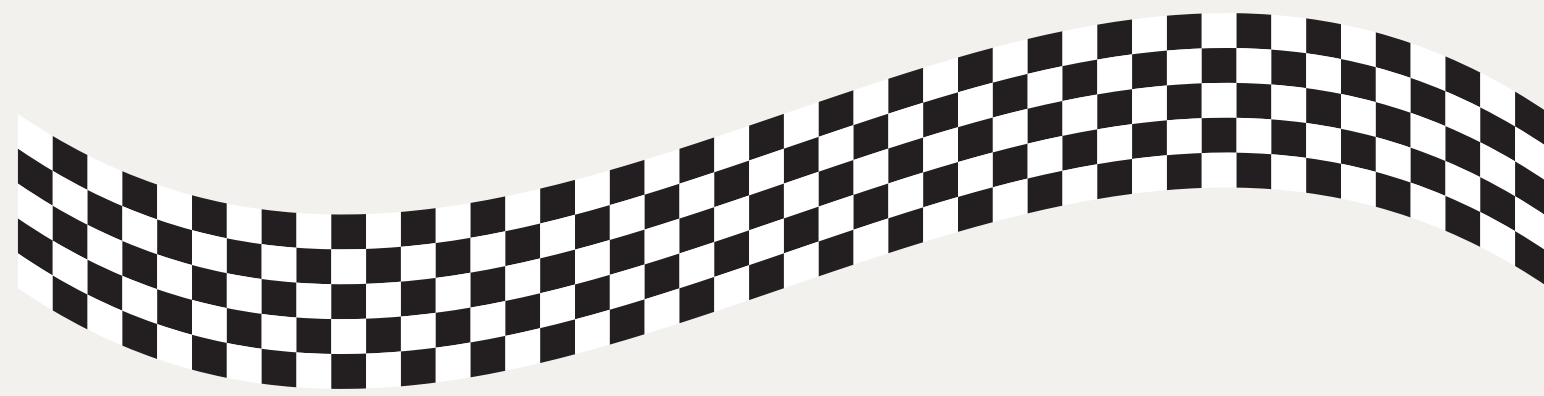




# Walk to 5K TRAINING PLAN



WEEK	Training Day 1	Training Day 2	Training Day 3	BONUS DAY
WEEK 1	25 min brisk walk	Run 1 min, Walk 3 min, Repeat 5 rounds	Run 1 min, Walk 3 min, Repeat 5 rounds	20 min Walk
WEEK 2	30 min brisk walk	Run 1 min, Walk 3 min, Repeat 6 rounds	Run 1 min, Walk 3 min, Repeat 6 rounds	 20 min Walk
WEEK 3	35 min brisk walk	Run 2 min, Walk 3 min, Repeat 4 rounds	Run 2 min, Walk 3 min, Repeat 4 rounds	30 min Walk
WEEK 4	40 min brisk walk	 Run 2 min, Walk 3 min, Repeat 5 rounds	Run 2 min, Walk 3 min, Repeat 5 rounds	30 min Walk
WEEK 5	45 min brisk walk	Run 2.5 min, Walk 3 min, Repeat 5 rounds	Run 2.5 min, Walk 3 min, Repeat 5 rounds	30 min Walk

**GOALS**

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<b>WEEK 6</b>	<b>45 min brisk walk</b>	<b>Run 3 min, Walk 3 min, Repeat 5 rounds</b>	<b>Run 3 min, Walk 3 min, Repeat 5 rounds</b>	<b>35 min Walk</b> 
<b>WEEK 7</b>	<b>45 min brisk walk</b>	<b>Run 4 min, Walk 3 min, Repeat 4 rounds</b>	<b>Run 4 min, Walk 3 min, Repeat 4 rounds</b>	<b>35 min Walk</b>
<b>WEEK 8</b>	<b>45 min brisk walk</b>	<b>Run 4 min, Walk 3 min, Repeat 4 rounds</b>	<b>Run 4 min, Walk 3 min, Repeat 4 rounds</b>	<b>35 min Walk</b>
<b>WEEK 9</b>	<b>45 min brisk walk</b>	<b>Run 5 min, Walk 2 min, Repeat 4 rounds</b>	<b>Run 5 min, Walk 2 min, Repeat 4 rounds</b>	<b>40 min Walk</b>
<b>WEEK 10</b>	<b>45 min brisk walk</b>	<b>Run 5 min, Walk 2 min, Repeat 5 rounds</b>	<b>Run 5 min, Walk 2 min, Repeat 5 rounds</b>	<b>30 min Walk</b>
<b>WEEK 11</b>	<b>45 min brisk walk</b>	<b>Run 5 min, Walk 2 min, Repeat 5 rounds</b>	<b>Run 5 min, Walk 2 min, Repeat 5 rounds</b>	<b>30 min Walk</b>
<b>WEEK 12</b>	<b>20 min brisk walk</b>	<b>Run 5 min, Walk 2 min, Repeat 3 rounds</b>	 <b>RACE DAY!</b>	

**GOALS**

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