



10K Walking Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4/26	Rest	20 min walk	Rest	20 min walk	Rest	2 MI walk	45 min walk
5/3	Rest	20 min walk	Rest	20 min walk	Rest	2 MI walk	50 min walk
5/10	Rest	25 min walk	Rest or walk	25 min walk	Rest	2.5 m walk	60 min walk
5/17	Rest	25 min walk	Rest or walk	25 min walk	Rest	2.5 m walk	60 min walk
5/24	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 m walk	75 min walk
5/31	Rest or walk	35 min walk	Rest or walk	35 min walk	Rest	3.5 m walk	75 min walk
6/7	Rest or walk	40 min walk	Rest or walk	40 min walk	Rest	4 MI walk	80 min walk
6/14	Rest or walk	45 min walk	Rest or walk	45 min walk	Rest	4.5 m walk	80 min walk
6/21	Rest or walk	50 min walk	Rest or walk	50 min walk	Rest	5 m walk	90 min walk
6/28	Rest or walk	55 min walk	Rest or walk	55 min walk	Rest	5.5 m walk	90 min walk
7/5	Rest or walk	60 min walk	Rest or walk	60 min walk	Rest	6 MI walk	90 min walk
7/12	Rest or walk	30 min walk	30 min walk	Rest	Rest	Race Day	