



## 5K Walking Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4/26	Rest	15 min walk	Rest or walk	15 min walk	Rest	1 MI walk	30 min walk
5/3	Rest	15 min walk	Rest or walk	15 min walk	Rest	1 MI walk	30 min walk
5/10	Rest	15 min walk	Rest or walk	15 min walk	Rest	1.5 m walk	40 min walk
5/17	Rest	15 min walk	Rest or walk	15 min walk	Rest	1.5 m walk	40 min walk
5/24	Rest	20 min walk	Rest or walk	20 min walk	Rest	1.5 m walk	45 min walk
5/31	Rest	20 min walk	Rest or walk	20 min walk	Rest	1.75 m walk	45 min walk
6/7	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2 MI walk	50 min walk
6/14	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.25 m walk	50 min walk
6/21	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	2.5 m walk	60 min walk
6/28	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	2.75 m walk	60 min walk
7/5	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 MI walk	60 min walk
7/12	Rest or walk	30 min walk	30 min walk	Rest	Rest	Race Day	