



## 5K WALK TRAINING PROGRAM

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	90 Sec Brisk Walk 2 Min Walk  Repeat x 15 mins	Rest	90 Sec Brisk Walk 2 Min Walk  Repeat x 15 mins	Rest	90 Sec Brisk Walk 2 Min Walk  Repeat x 15 mins	Walk at comfortable pace for 20 minutes	Rest
WEEK 2	<b>2 Reps:</b> 90 Sec Brisk Walk 90 Sec Walk 3 Min Brisk Walk 3 Min Walk	Rest	<b>2 Reps:</b> 90 Sec Brisk Walk 90 Sec Walk 3 Min Brisk Walk 3 Min Walk	Rest	<b>2 Reps:</b> 90 Sec Brisk Walk 90 Sec Walk 3 Min Brisk Walk 3 Min Walk	Walk at comfortable pace for 25 minutes	Rest
WEEK 3	<b>2 Reps:</b> 3 Min Brisk Walk 90 Sec Walk 5 Min Brisk Walk 2.5 Min Walk	Rest	<b>2 Reps:</b> 3 Min Brisk Walk 90 Sec Walk 5 Min Brisk Walk 2.5 Min Walk	Rest	<b>2 Reps:</b> 3 Min Brisk Walk 90 Sec Walk 5 Min Brisk Walk 2.5 Min Walk	Walk at comfortable pace for 30 minutes	Rest
WEEK 4	<b>3 Reps:</b> 5 Min Brisk Walk 5 Min Walk	Rest	<b>3 Reps:</b> 5 Min Brisk Walk 5 Min Walk	Rest	<b>3 Reps:</b> 5 Min Brisk Walk 5 Min Walk	Walk at comfortable pace for 35-40 minutes	Rest
WEEK 5	5 Min Brisk Walk 5 Min Walk 8 Min Brisk Walk 5 Min Walk 5 Min Brisk Walk 5 Min Walk	Rest	5 Min Brisk Walk 5 Min Walk 8 Min Brisk Walk 5 Min Walk 5 Min Brisk Walk 5 Min Walk	Rest	5 Min Brisk Walk 5 Min Walk 8 Min Brisk Walk 5 Min Walk 5 Min Brisk Walk 5 Min Walk	Walk at comfortable pace for 40-45 minutes	Rest
WEEK 6	Move at a place that's most comfortable for you for 45-50 mins	Rest	Move at a place that's most comfortable for you for 45-50 mins	Rest	Move at a place that's most comfortable for you for 45-50 mins	Walk at comfortable pace for 45-60 minutes	Rest