

5K Walk -- 7-Week Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk 20 minutes (log ___ miles)	Rest	Walk 20 minutes (log ___ miles)	Rest	Bike 20 minutes** (log ___ miles)	Walk 2 miles	Rest
Week 2	Walk 25 Minutes (log ___ miles)	Rest	Walk 25 minutes (log ___ miles)	Rest	Bike 20 minutes** (log ___ miles)	Walk 2 miles	Rest
Week 3	Walk 30 minutes (log ___ miles)	Rest	Walk 30 mintues (log ___ miles)	Rest	Bike 25 mintues** (log ___ miles)	Walk 2.5 miles with Magic Mile*	Rest
Week 4	Walk 35 minutes (log ___ miles)	Rest	Walk 35 mintues (log ___ miles)	Rest	Bike 25 minutes** (log ___ miles)	Walk 2.5 miles	Rest
Week 5	Walk 40 minutes (log ___ miles)	Rest	Walk 40 minutes (log ___ miles)	Rest	Bike 30 minutes** (log ___ miles)	Walk 3 miles with Magic Mile*	Rest
Week 6	Walk 45 minutes (log ___ miles)	Rest	Walk 45 minutes (log ___ miles)	Rest	Bike 30 minutes** (log ___ miles)	Walk 3 miles	Rest
Week 7	Walk 50 minutes (log ___ miles)	Rest	Walk 40 mintues (log ___ miles)	Rest	Bike 20 minutes** (log ___ miles)	RACE DAY!!	Rest!

***Magic Mile** is a training tool designed to help you find a realistic race pace. On the first Magic Mile, warm up as usual and then walk one mile (1.6 km) slightly faster than your normal pace. Time your one-mile walk with a stopwatch. Walk easily the rest of the distance assigned for the day. On each successive Magic Mile, warm up as usual and then try to beat your previous one-mile walk time. Your 5K race pace should be one to two minutes slower than your fastest Magic Mile time.

****Biking/Cross Training** is a great way to give you body a break from the usual routine. You'll use different muscles and continue to increase your endurance. Consider riding a bike (mobile or stationary), water-walking, swimming, rowing, etc.

Remember: This is only a guide! If you want/need to do more or less at any time - do so! And you can move your days around to fit *your* schedule - just try to keep balance in your week between resting and exercising (for example, avoid 3 days of walking in a row, followed by 3 days of rest).

TOTAL MILES LOGGED