

WALK A 5K

6-WEEK TRAINING PLAN



DAY 1 ½-mile walk	DAY 2 Rest	DAY 3 ½-mile walk	DAY 4 Rest	DAY 5 ½-mile walk	DAY 6 Rest	DAY 7 ½-mile walk
DAY 8 Rest	DAY 9 ½-mile walk, ½-mile speed	DAY 10 Rest	DAY 11 ½-mile walk, ½-mile speed	DAY 12 Rest	DAY 13 ½-mile walk, ½-mile speed	DAY 14 Rest
DAY 15 ½-mile walk, ½-mile speed x 2	DAY 16 Rest	DAY 17 ½-mile walk, ½-mile speed x 2	DAY 18 Rest	DAY 19 ½-mile walk, ½-mile speed x 2	DAY 20 Rest	DAY 21 ½-mile walk, ½-mile speed x 2
DAY 22 Rest	DAY 23 ½-mile walk, 1-mile speed, 1-mile walk	DAY 24 Rest	DAY 25 ½-mile walk, 1-mile speed, 1-mile walk	DAY 26 Rest	DAY 27 ½-mile walk, 1-mile speed, 1-mile walk	DAY 28 Rest
DAY 29 1-mile speed, ½-mile walk x 2, 0.2-miles speed	DAY 30 Rest	DAY 31 1-mile speed, ½-mile walk x 2, 0.2-miles speed	DAY 32 Rest	DAY 33 1-mile speed, ½-mile walk x 2, 0.2-miles speed	DAY 34 Rest	DAY 35 1-mile speed, ½-mile walk x 2, 0.2-miles speed
DAY 36 Rest	DAY 37 1-mile speed, 1-mile walk, 1.2-mile speed	DAY 38 Rest	DAY 39 1-mile speed, 1-mile walk, 1.2-mile speed	DAY 40 Rest	DAY 41 Rest	DAY 42 Race Day!