

# Couch to 5K

# 2021

For Walkers to reach 5K (3.1 mile) walking goal by Thanksgiving 2021

## Walking to 5K

Use this walking guide to build up your endurance and muscle strength over the next 6 weeks to hit your goal of walking a 5K distance by Thanksgiving week 2021. Grab a good pair of walking shoes, make sure to stay well fueled with proper foods and hydrated with plenty of water throughout the weeks and your training sessions. Please remember to do warm up, stretching and a cool down as part of your daily fitness activities. For more guidance and support reach out to your personal trainer Michelle Alpiner at her email: [Michelle@JourneytoFitness.us](mailto:Michelle@JourneytoFitness.us)

Good luck and have fun!!



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest Day	15 min walk Walking pace avg_____min/mi	Full Body Strength or Resistance Workout	15 min walk Walking pace avg_____min/mi	Rest Day	Lower Body Strength or Resistance Workout	15 min walk Walking pace avg_____min/mi
2	Rest Day	20-25 min walk Walking pace avg_____min/mi	Upper Body Strength or Resistance Workout	20-25 min walk Walking pace avg_____min/mi	Rest Day	Strength or Cross- Training Activity	20-25 min walk Walking pace avg_____min/mi
3	Rest Day	30-35 min walk Walking pace avg_____min/mi	Full Body Strength or Resistance Workout	30-35 min walk Walking pace avg_____min/mi	Rest Day	Lower Body Strength or Resistance Workout	30-35 min walk Walking pace avg_____min/mi
4	Rest Day	35-40 min walk Walking pace avg_____min/mi	Upper Body Strength or Resistance Workout	45-55 min walk Walking pace avg_____min/mi	Rest Day	Full Body Strength or Resistance Workout	35-40 min walk Walking pace avg_____min/mi
5	Rest Day	30 min walk at your 5K goal pace	Full Body Strength or Resistance Workout	5k (3.1 mile) distance walk	Rest Day	Strength or Cross- Training Activity	30 min walk at 5K goal pace
6	Rest Day	35 min walk Walking pace avg_____min/mi	Upper Body Strength or Resistance Workout	30 min walk Walking pace avg_____min/mi	Rest Day	Rest Day	<b>5K Day!</b>

DISCLAIMER OF LIABILITY. Injuries of all types can occur when participating in exercise, physical fitness, and training programs, hence Journey to Fitness, L.L.C strongly encourages all clients to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training and you fully assume the risk of any resulting injury. In consideration of performing or participating in these types of activities this content is being made available and should be used at your own risk.