



10 WEEK WALKING 'COUCH TO 5K YOUR WAY'

This plan is intended for anyone wishing to improve their walking speed, and/or to lengthen the amount of time that they can comfortably walk at a brisk pace.

It involves two or three walks a week using interval training over short bursts, plus a longer walk, walking briskly for up to an hour. The aim is to complete 5k – your way – in 10 weeks' time.

Week 1:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 60 seconds, then walk comfortably for 60 seconds x 10.

Stretch out your calf and shin muscles afterwards.

Week 2:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 90 seconds, then walk comfortably for 90 seconds x 10.

Stretch out your calf and shin muscles afterwards.

Week 3:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 2 minutes, then walk comfortably for 1 minute x 9. Stretch!

Week 4:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 2.5 minutes, then walk comfortably for 1 minute x 9. Stretch!



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Week 5:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 3 minutes, then walk comfortably for 60 seconds x 8.

Stretch!

Week 6:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 3.5 minutes, then walk comfortably for 1 minute x 8.

Stretch!

Week 7:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 4 minutes, then walk comfortably for 1 minute x 7.

Stretch!

Week 8:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 4.5 minutes, then walk comfortably for 1 minute x 6.

Stretch!



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Week 9:

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 5 minutes, then walk comfortably for 60 seconds x 5.

Stretch!

Week 10: Our last week!

Two or three interval walks. Warm up by walking comfortably for up to 5 minutes. Then walk as fast as you can for 5.5 minutes, then walk comfortably for 1 minute x 5.

Stretch!

And then... 5k walk! 5k – completely your way, at whatever pace feels right for you.

Aim to finish smiling!



5K YOUR WAY MOVE AGAINST CANCER