



5k Walk Training

WEEK 1

- 1/2/24: Tuesday**= 5 min. warm-up walk, walk 10 min., 5 min. cool down walk= 20 min.
1/4/24: Thursday= 5 min. warm-up walk, walk 10 min., 5 min. cool down walk= 20 min.
1/6/24: Saturday= 5 min. warm-up walk, walk 20 min., 5 min. cool down walk=30 min.

WEEK 2

- 1/9/24: Tuesday**= 5 min. warm-up walk, walk 20 min., 5 min. cool down walk= 30 min.
1/11/24: Thursday= 5 min. warm-up walk, walk 20 min., 5 min. cool down walk= 30 min.
1/13/24: Saturday= 5 min. warm-up walk, walk 35 min., 5 min. cool down walk=45 min.

WEEK 3

- 1/16/24: Tuesday**= 5 min. warm-up walk, walk 35 min., 5 min. cool down walk= 45 min.
1/18/24: Thursday= 5 min. warm-up walk, walk 35 min., 5 min. cool down walk= 45 min.
1/20/24: Saturday= 5 min. warm-up walk, walk 45 min., 5 min. cool down walk= 55 min.

WEEK 4

- 1/23/24: Tuesday**= 5 min. warm-up walk, walk 35 min., 5 min. cool down walk= 45 min.
1/25/24: Thursday= 5 min. warm-up walk, walk 35 min., 5 min. cool down walk= 45 min.
1/27/24: Saturday= 5 min. warm-up walk, walk 50 min., 5 min. cool down walk=65 min.

WEEK 5

- 1/30/24: Tuesday**= 5 min. warm-up walk, walk 40 min., 5 min. cool down walk=50 min.
2/1/24: Thursday= 5 min. warm-up walk, walk 20 min., 5 min. cool down walk=30 min.
2/3/24: Saturday= RACE DAY