

# COUCH TO 5K – WALKING PROGRAM (6 WEEKS)

## WHO IS THIS PROGRAM FOR?

This schedule is for beginners who are normally active without significant health complaints but who do not regularly engage in fitness walking.

## WHAT DO YOU NEED?

A good pair of walking shoes and somewhere safe to walk.

## GOALS FOR THE PROGRAM ARE:

- ✓ Finish a 5k in less than an hour.
- ✓ Finish the 5k feeling strong, not exhausted.

## SCHEDULE:

### ***Week 1 (Goal - increasing walking time):***

- 3-5 days of walking – 25 minutes per day.
- Take a rest day when your daily schedule dictates or after 3 days in a row of walking

### ***Week 2 (Goal – increase walking time with a longer walking day):***

- 3-5 days of walking – 30 minutes per day.
- Make one day a 40 minute walk with a rest day the next day.

### ***Week 3 (Goal – increase walking time with a longer walking day):***

- 3-5 days of walking – 35 minutes per day.
- Make one day a 45 minute walk with a rest day the next day.

### ***Week 4 (Goal – increase walking speed with intervals):***

- 3-5 days of walking – 35 minutes per day.
- Try adding in some speed. For example, warm up with 10 minutes walking. Then walk 2 minutes your normal speed, 1 minute at a faster pace, repeat for 20 minutes. Cool down with 5 minutes of walking. Take an easy walk the next day.
- Make one day a 45 minute walk with a rest day the next day.

### ***Week 5 (Goal – increase walking speed with intervals and a longer walk):***

- 3-5 days of walking – 35 minutes per day.
- Try adding in some more speed. For example, warm up with 10 minutes walking. Then walk 2 minutes your normal speed, 2 minutes at a faster pace, repeat for 20 minutes. Cool down with 5 minutes of walking. Take an easy walk the next day.
- Make one day a 60 minute walk with a rest day the next day.

***Week 6 (Goal – RACE):***

- 3-5 days of walking – 35 minutes per day.
- Add in some speed intervals on your walks the early part of the week. For example, Sunday and Tuesday you could walk 1 minute normal speed, 2 minutes faster pace for your intervals, with an easy walk on Monday. Take a rest day on Wednesday, easy walk Thursday, rest day Friday, RACE Saturday!