

Walking Training Track 5K Training Program

Week	Day 1 Sunday	Day 2 Mon- day	Day 3 Tuesday	Day 4 Wednesday	Day 5 Thursday	Day 6 Friday	Day 7 Saturday
1	Walk 20-25	Rest	Walk 15	Strength and/ or XT 15 minutes	Walk 15	Rest	1 mile
2	Walk 25-30	Rest	Walk 15	Strength and/ or XT 20 minutes	Walk 15	Rest	1.5 miles
3	Walk 30-35	Rest	Walk 20	Strength and/ or XT 20 minutes	Walk 15	Rest	1.5 miles
4	Walk 35-45	Rest	Walk 25	Strength and/ or XT 25 minutes	Walk 20	Rest	2 miles
5	Walk 45-60	Rest	Walk 30	Strength and/ or XT 30 minutes	Walk 25	Rest	2 miles
6	Walk 45-60	Rest	30 minutes	Strength and/ or XT 30 minutes	Walk 30	Rest	2.5 miles
7	Walk 45-60	Rest	Walk 30	Strength and/ or XT 30 minutes	Walk 30	Rest	2.5 miles
8	Walk 50-60	Rest	Walk 35	Strength and/ or XT 35 minutes	Walk 30	Rest	3 miles
9	Walk 55-60	Rest	Walk 35	Strength and/ or XT 35 minutes	Walk 30	Rest	3 miles
10	Walk 60	Rest	Walk 40	Strength and/ or XT 30 minutes	Rest	Rest	5K!

Sundays (Day 1) are longer walks. Maybe walk in a different place or town, try a new neighborhood or trail. Maybe take a hike?

Mondays (Day 2) are good rest days as it may be easier to spend more time out and about during the weekend. Rest days are as important as walk days.

Tuesdays and Thursdays (Day 3 and 5) are timed walks. Maybe have a specific route for each day and see how far you go in the time- as you get faster you will go farther and will have to adjust your route! Progress is always a good motivator. If you are walking with someone (or next to someone on a treadmill) you should be able to converse during these walks, but don't make it a "stroll".

Wednesdays (Day 4) are cross training (XT) days plus some of the strength/core exercises. These aren't massive strength programs to bulk you up, but rather these exercises provide overall strength and stability- keep these workouts short so you keep doing them. If you only have time for one workout- choose the strength on this day.

Fridays (Day 6) are rest days to get ready for the weekend.

Saturdays (Day 7) are walks for a certain distance, building up to the 5K distance. This is probably your most important day to see your progress.

*Program developed by Jennifer Hammett,
Clinical Faculty/Athletic Trainer, KSC*

Strength training can include core strength training or body weight exercises. **Cross training** (XT) activities can be Zumba, aerobics, biking, elliptical, swimming, walking etc. Links to examples are in your welcome email.

Courtesy of the Sports Medicine Department at



Cheshire Medical Center
Dartmouth-Hitchcock

cheshiremed.org