

TRAIN TO WALK A 5K

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	10 Min	10 Min	rest	12 Min	12 Min	rest	15 Min
Week 2	15 Min	18 Min	rest	18 Min	20 Min	rest	20 Min
Week 3	22 Min	22 Min	rest	24 Min	24 Min	rest	26 Min
Week 4	26 Min	28 Min	rest	28 Min	30 Min	rest	30 Min
Week 5	35 Min	35 Min	rest	35 Min	40 Min	rest	40 Min
Week 6	40 Min	45 Min	rest	45 Min	45 Min	rest	RUN 4 KIDS 5K

Your goal with this training plan is to be able to walk continuously for 45 minutes by the end of Week 6. Remember to start your daily training with a brief warm up and end with a cool-down. You can swap rest days for walk days, as long as you maintain five days of walking each week. Remember, be safe and be smart with any new exercise plan.