




"Walk" 5K Training Program

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MODE	Rest or XT	Walk	Walk	Walk	Rest or XT	Endurance Walk	Walk
INTENSITY	Very Easy	Moderate	Challenging	Easy	Very Easy	Conversational Pace	Very Easy
HEART RATE	50 -60%	60-70%	70%-75%	60-65%	50 -60%	55-65%	50 -60%
RPE	5 to 6	7 to 8	7 to 9	6 to 7	5 to 7	6 to 7	5 to 7
WEEK 1							
January 18 - 24	Rest or XT	20 minutes	30 minutes	20 minutes	Rest or XT	20 minutes	20 minutes
WEEK 2							
January 25 - 31	Rest or XT	20 minutes	30 minutes	20 minutes	Rest or XT	20 minutes	20 minutes
WEEK 3							
February 1 - 7	Rest or XT	20 minutes	30 minutes	20 minutes	Rest or XT	20 minutes	25 minutes
WEEK 4							
February 8 - 14	Rest or XT	25 minutes	35 minutes	25 minutes	Rest or XT	30 minutes	25 minutes
WEEK 5							
February 15 - 21	Rest or XT	25 minutes	35 minutes	25 minutes	Rest or XT	30 minutes	30 minutes
WEEK 6							
February 22 - 28	Rest or XT	25 minutes	35 minutes	25 minutes	Rest or XT	30 minutes	30 minutes
WEEK 7							
March 1 - 7	Rest or XT	30 minutes	40 minutes	30 minutes	Rest or XT	40 minutes	30 minutes
WEEK 8							
March 8 - 14	Rest or XT	30 minutes	40 minutes	30 minutes	Rest or XT	40 minutes	30 minutes
WEEK 9							
March 15 - 21	Rest or XT	30 minutes	40 minutes	30 minutes	Rest or XT	45 minutes	30 minutes
WEEK 10							
March 22 - 28	Rest or XT	35 minutes	Tempo 10 min E, 2 x 6-8 min T, 2 min E, 10 min E	35 minutes	Rest or XT	45 minutes	30 minutes
WEEK 11							
March 29 - April 4	Rest or XT	35 minutes	45 minutes	35 minutes	Rest or XT	50 minutes	30 minutes
WEEK 12							
April 5 - 11	Rest or XT	35 minutes	Tempo 10 min E, 2 x 6-8 min T, 2 min E, 10 min E	35 minutes	Rest or XT	50 minutes	30 minutes
WEEK 13							
April 12 - 18	Rest or XT	40 minutes	Tempo 10 min E, 2 x 10-12 min T, 3 min E, 10 min E	40 minutes	Rest or XT	50 minutes	30 minutes
WEEK 14							
April 19 - 25	Rest or XT	40 minutes	45 minutes	40 minutes	Rest or XT	60 minutes	30 minutes
WEEK 15							
April 26 - May 2	Rest or XT	40 minutes	Tempo 10 min E, 2 x 10-12 min T, 3 min E, 10 min E	40 minutes	Rest or XT	60 minutes	30 minutes
WEEK 16							
May 3 - May 8	Rest or XT	40 minutes	30 minutes	Rest	Rest	 Race Day!	Rest
Recovery May 10 - 16	30 minutes	Rest	30 minutes	30 minutes	Rest or XT	3 miles	30 minutes
Recovery May 17- 23	Rest or XT	30 minutes	30 minutes	30 minutes	Rest or XT	4 miles	30 minutes
Recovery May 24 - 30	Rest or XT	30 minutes	30 minutes	40 minutes	Rest or XT	5 miles	30 minutes

SCHEDULE KEY

Warm-up: 5 -10 minutes at an easy pace prior to every workout. **Cool-down:** 5 minutes at an easy pace after every workout.
Stretch: after every workout while muscles are still warm to maintain or improve flexibility and prevent injuries.
Heart Rate: Using a heart rate monitor, maintain a range between the prescribed percentages of estimated maximum heart rate.
RPE: Rating of Perceived Exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10 being an all out level.
 Use this system to stay in the range listed on the training program (i.e. 6-7).
Cross-Training: Include activities that are non-walking. Cycling, swimming, pilates/yoga and spinning are great cross training modes. Cross-training allows you to rest your walking muscles while training opposing muscle groups and reducing the risk of injury.
Rest or XT: This can be either a rest day or a cross training day. **Take at least one rest day per week to avoid overtraining injuries and burnout.**
Tempo Workout: Tempo Pace: 80% heart rate or 8 on RPE, comfortably hard. Intervals with rest/recovery in between. Can be easy run or walk if necessary.
Endurance Workout: The Endurance Workout should be at a slow and comfortable pace. You should be at a pace to hold a conversation easily.

Have a Training Question?

Email Mini Marathon Online Coach **Kim Modglin** at AskTheCoach@500festival.com
 Training schedules developed by Coach Kim Modglin, RCEP, Exercise Physiologist at St. Francis Hospital and Health Centers