



# 5K Walk Training Log

	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

\* Track your 5K training progress by recording your time spent walking as well as the days you used for rest. There should be 4 days of walking and 3 days of rest each week. Remember to stretch after each workout!



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# Walking Toward The 5K

You may have decided to tackle a Fun 5K Walk, but is your body up for the challenge yet? It is a good idea to do a small amount of training prior to heading out for a 5K walk on event day. Below is a sample 5 week training program to get your body pumped up for your event.

	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday	20	30	30	40	Rest
Monday	20	30	30	Rest	20
Tuesday	Rest	Rest	Rest	30	Rest
Wednesday	20	30	40	Rest	20
Thursday	Rest	Rest	Rest	30	Rest
Friday	20	30	30	Rest	Rest
Saturday	Rest	Rest	Rest	60	EVENT!



\*Consult a doctor before beginning if you are: sedentary for a year or more, over age 65, have a diagnosed heart condition, pregnant, high blood pressure, diabetes, chest pain, or experience severe dizzy spells.\*Source: How To Walk—<http://walking.about.com>



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