

Recliner to 5K Training Plan

Walking

This program is best for those that are just starting an exercise program. Those that complete this program will be working toward finishing a 5K walk by walking the entire distance of the event.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	4 x 5:00 bouts of walking; rest several minutes between walking bouts	Relax!	4 x 5:00 bouts of walking; rest several minutes between walking bouts	Relax!	4 x 5:00 bouts of walking; rest several minutes between walking bouts	Relax!	Relax!
2	5:00 walking warm up 4 x 7:00 bouts of walking	Relax!	5:00 walking warm up 4 x 7:00 bouts of walking	Relax!	5:00 walking warm up 4 x 7:00 bouts of walking	Relax!	Relax!
3	5:00 walking warm up 4 x 8:00 bouts of walking	Relax!	5:00 walking warm up 4 x 8:00 bouts of walking	Relax!	5:00 walking warm up 4 x 8:00 bouts of walking	Relax!	Relax!
4	5:00 walking warm up 3 x 9:00 bouts of walking	Relax!	5:00 walking warm up 3 x 9:00 bouts of walking	Relax!	5:00 walking warm up 3 x 9:00 bouts of walking	Relax!	Relax!
5	5:00 walking warm up 4 x 9:00 bouts of walking	Relax!	5:00 walking warm up 3 x 10:00 bouts of walking	Relax!	5:00 walking warm up 3 x 10:00 bouts of walking	Relax!	Relax!
6	5:00 walking warm up 10:00 walking 15:00 walking 10:00 walking	Relax!	5:00 walking warm up 10:00 walking 15:00 walking 10:00 walking	Relax!	5:00 walking warm up 2 x 15:00 bouts of walking	Relax!	Relax!
7	5:00 walking warm up 3 x 15:00 bouts of walking	Relax!	5:00 walking warm up 3 x 15:00 bouts of walking	Relax!	5:00 walking warm up 2 x 15:00 bouts of walking	Relax!	Relax!
8	5:00 walking warm up 15:00 walking 20:00 walking 10:00 walking	Relax!	5:00 walking warm up 15:00 walking 20:00 walking 15:00 walking	Relax!	5:00 walking warm up 20:00 walking 15:00 walking	Relax!	Relax!
9	5:00 walking warm up 2 x 20:00 bouts of walking	Relax!	5:00 walking warm up 2 x 20:00 bouts of walking	Relax!	5:00 walking warm up 3 x 20:00 bouts of walking	Relax!	Relax!
10	5:00 walking warm up 2 x 20:00 bouts of walking	Relax!	5:00 walking warm up 2 x 15:00 bouts of walking	Relax!	Race Day!!!	Relax!	Relax!