

9 Weeks to 5K WALKING PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Rest/Walk	Walk 15 min	Rest/Walk	Walk 15 min	Rest	1.5 Mile Walk
Week 2	Walk 30-60 min	Rest/Walk	Walk 15 min	Rest/Walk	Walk 15 min	Rest	1.5 Mile Walk
Week 3	Walk 30-60 min	Rest/Walk	Walk 15 min	Rest/Walk	Walk 15 min	Rest	1.75 Mile Walk
Week 4	Walk 35-60 min	Rest/Walk	Walk 20 min	Rest/Walk	Walk 20 min	Rest	2 Mile Walk
Week 5	Walkd 40-60 min	Rest/Walk	Walk 20 min	Rest/Walk	Walk 20 min	Rest	2.25 Mile Walk
Week 6	Walk 45-60 min	Rest/Walk	Walk 25 min	Rest/Walk	Walk 25 min	Rest	2.5 Mile Walk
Week 7	Walk 50-60 min	Rest/Walk	Walk 25 min	Rest/Walk	Walk 25 min	Rest	2.75 Mile Walk
Week 8	Walk 55 to 60 min	Rest/Walk	Walk 30 min	Rest/Walk	Walk 30 min	Rest	3 Mile Walk
Week 9	Walk 60 min	Rest/Walk	Walk 30 min	Rest/Walk	Walk 30 min	Rest	5K Day!