

5K Walking Training Program

Edgewood, KY

Week	Week Start	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	9-May	Stretch: 5 mins Warm up: 5 mins Workout: 20 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 20 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
2	16-May	Stretch: 5 mins Warm up: 5 mins Workout: 25 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 25 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
3	23-May	Stretch: 5 mins Warm up: 5 mins Workout: 30 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 30 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
4	30-May	Stretch: 5 mins Warm up: 5 mins Workout: 35 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 35 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
5	6-Jun	Stretch: 5 mins Warm up: 5 mins Workout: 45 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 45 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
6	13-Jun	Stretch: 5 mins Warm up: 5 mins Workout: 30 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 30 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
7	20-Jun	Stretch: 5 mins Warm up: 5 mins Workout: 25 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 25 mins Stretch: 5 mins	Walk 10 mins	Hyde Park Blast RACE DAY!	rest
8	27-Jun	Stretch: 5 mins Warm up: 5 mins Workout: 20 mins Stretch: 5 mins	Walk 10 mins	rest	Stretch: 5 mins Warm up: 5 mins Workout: 20 mins Stretch: 5 mins	Walk 10 mins	Rest or Easy	rest
9	4-Jul	City of Edgewood/Tri-State Running Company 5K RACE DAY!						