




Walk a 5k in just 5 weeks with this easy training plan from SparkPeople!

## Walking Program

The walking program assumes you can already walk for 15 minutes continuously before starting.



Check the button next to each item when complete

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Walk for 15 continuous minutes. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk 1 mile. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk 1.5 mile. <input type="checkbox"/>	Rest <input type="checkbox"/>
2	Walk for 25 continuous minutes. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk 1.75 miles. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk 2 miles. <input type="checkbox"/>	Rest <input type="checkbox"/>
3	Walk for 30 continuous minutes. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk 2 miles. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk 2.25 miles. <input type="checkbox"/>	Rest <input type="checkbox"/>
4	Walk for 40 continuous minutes. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk 2.5 miles. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk 2.75 miles. <input type="checkbox"/>	Rest <input type="checkbox"/>
5	Walk for 40 continuous minutes. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Walk for 30 continuous minutes. <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	Rest or cross-train* <input type="checkbox"/>	<div data-bbox="1501 1016 1774 1101" data-label="Text"> <p><b>RACE DAY!</b> Walk for 3.1 miles.</p> </div> 	

Follow the training workouts any three days of the week, ideally with a rest or cross-training day between. Plan at least 1 day of rest from exercise and up to 3 days of cross-training during the week.



\*Cross training refers to other cardio (aerobic) activities besides running and walking, such as biking, swimming, elliptical, dancing, aerobics, and other sports.

