



# COUCH TO 5K WALK TRAINING SCHEDULE

PLEASE NOTE: To participate in this Couch to 5K walk training program, you should have no major health problems and be in reasonably good health. Discuss this program with you doctor if you have any doubts about your health prior to starting. (Adapted from Hal Higdon's 8-K Training Guide)

| DAY    | FRIDAY       | SATURDAY    | SUNDAY       | MONDAY      | TUESDAY | WEDNESDAY    | THURSDAY       |
|--------|--------------|-------------|--------------|-------------|---------|--------------|----------------|
| WEEK # | OCT 4        | OCT 5       | OCT 6        | OCT 7       | OCT 8   | OCT 9        | OCT 10         |
| 1      | Rest or walk | 15 min walk | Rest or walk | 15 min walk | Rest    | 1.5 mi walk  | 30-60 min walk |
|        | OCT 11       | OCT 12      | OCT 13       | OCT 14      | OCT 15  | OCT 16       | OCT 17         |
| 2      | Rest or walk | 15 min walk | Rest or walk | 15 min walk | Rest    | 1.75 mi walk | 35-60 min walk |
|        | OCT 18       | OCT 19      | OCT 20       | OCT 21      | OCT 22  | OCT 23       | OCT 24         |
| 3      | Rest or walk | 20 min walk | Rest or walk | 20 min walk | Rest    | 2 mi walk    | 40-60 min walk |
|        | OCT 25       | OCT 26      | OCT 27       | OCT 28      | OCT 29  | OCT 30       | OCT 31         |
| 4      | Rest or walk | 20 min walk | Rest or walk | 20 min walk | Rest    | 2.25 mi walk | 45-60 min walk |
|        | NOV 1        | NOV 2       | NOV 3        | NOV 4       | NOV 5   | NOV 6        | NOV 7          |
| 5      | Rest or walk | 25 min walk | Rest or walk | 25 min walk | Rest    | 2.5 mi walk  | 50-60 min walk |
|        | NOV 8        | NOV 9       | NOV 10       | NOV 11      | NOV 12  | NOV 13       | NOV 14         |
| 6      | Rest or walk | 25 min walk | Rest or walk | 25 min walk | Rest    | 2.75 mi walk | 55-60 min walk |
|        | NOV 15       | NOV 16      | NOV 17       | NOV 18      | NOV 19  | NOV 20       | NOV 21         |
| 7      | Rest or walk | 30 min walk | Rest or walk | 30 min walk | Rest    | 3 mi walk    | 60 min walk    |
|        | NOV 22       | NOV 23      | NOV 24       | NOV 25      | NOV 26  | NOV 27       | NOV 28         |
| 8      | Rest or walk | 30 min walk | Rest or walk | 30 min walk | Rest    | Rest         | RACE DAY!      |

**Friday:** Rest or walk. Use this day of rest if you experience any fatigue, or if your leg muscles are sore after your longer walks on Wednesday & Thursday. If you're not sore or feeling tired, take a nice relaxing walk, but don't push it.

**Saturday & Monday:** Many training programs have a 48-hour break between bouts of hard exercise, so it's time to train again. In this 8-week program, begin by walking 15 minutes at a comfortable pace. Every other week, add another 5 minutes. By increasing gradually, you should be able to improve your walking ability without discomfort or risk of injury.

**Sunday:** Rest or walk. Hard/easy is a common pattern in most training plans. You train hard to exercise your muscles, then rest to give them time to recover. You might want to take today off, but if yesterday's walk went well, feel free to walk again, regardless of distance.

**Tuesday:** Another rest day. You need to make sure your muscles are well rested so you can train hard on Wednesday & Thursday.

**Wednesday:** Wednesday workouts are in miles rather than minutes. This is to give you an idea of how much distance you can cover over a specific period of time as well as to give you confidence in your ability to walk a 5K (3.1 miles).

**Thursday:** At least one day a week, it's a good idea to go for a long walk without worrying about exactly how much distance you cover. For instance, walk in the woods over unmeasured trails. Some people may be able to walk continuously for an hour at least once a week, even if it means walking very slowly or pausing to rest. If walking an hour seems too difficult the first week, start with 30 minutes. Add 5 minutes each week until you can walk continuously for 60 minutes.

**PLEASE NOTE:** Depending on your own particular schedule, you may want to juggle workouts, substituting one day's workout for another. It doesn't matter much on which day you do specific workouts as long as you are consistent with your training.