

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 your 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 3	OCT 4	OCT 5	OCT 6	OCT 7	OCT 8	OCT 9
1	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 mi walk	30-60 min walk
	OCT 10	OCT 11	OCT 12	OCT 13	OCT 14	OCT 15	OCT 16
2	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 mi walk	35-60 min walk
	OCT 17	OCT 18	OCT 19	OCT 20	OCT 21	OCT 22	OCT 23
3	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2 mi walk	40-60 min walk
	OCT 24	OCT 25	OCT 26	OCT 27	OCT 28	OCT 29	OCT 30
4	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 mi walk	45-60 min walk
	OCT 31	NOV 1	NOV 2	NOV 3	NOV 4	NOV 5	NOV 6
5	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.5 mi walk	50-60 min walk
	NOV 7	NOV 8	NOV 9	NOV 10	NOV 11	NOV 12	NOV 13
6	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 mi walk	55-60 min walk
	NOV 14	NOV 15	NOV 16	NOV 17	NOV 18	NOV 19	NOV 20
7	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 mi walk	60 min walk
	NOV 21	NOV 22	NOV 23	NOV 24	NOV 25	NOV 26	NOV 27
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.