

5K Training Schedule - Walking

Week #	Start Week (Sat Date)	Description	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Wk - Total Training Time	My comments on my training for the week are
1	6-Apr-19	Total Train. Time	24 mins	All ages Bible classes at 9:45 am Church at 11:00 am	24 mins	OFF	24 mins	OFF	OFF	72 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		Middle	Brisk 1 min, easy 1 min for 10 sets		Brisk 1 min, easy 1 min for 10 sets		Brisk 1 min, easy 1 min for 10 sets				
		At End	Easy walk 3 mins		Easy walk 3 mins		Easy walk 3 mins				
		Total Time I did									
2	13-Apr-19	Total Train. Time	26 mins	All ages Bible classes at 9:45 am Church at 11:00 am	26 mins	OFF	26 mins	OFF	OFF	78 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		Middle	Brisk 1 min, easy 1 min for 11 sets		Brisk 1 min, easy 1 min for 11 sets		Brisk 1 min, easy 1 min for 11 sets				
		At End	Brisk walk 1 min, easy walk 2 mins		Brisk walk 1 min, easy walk 2 mins		Brisk walk 1 min, easy walk 2 mins				
		Total Time I did									
3	20-Apr-19	Total Train. Time	30 mins	Easter Sunday Breakfast then Church at 11:00 am	30 mins	OFF	30 mins	OFF	OFF	90 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		Middle	Brisk 2 mins, easy 1 min for 7 sets		Brisk 2 mins, easy 1 min for 7 sets		Brisk 2 mins, easy 1 min for 7 sets				
		At End	Brisk walk 2 mins, easy walk 6 min		Brisk walk 2 mins, easy walk 6 min		Brisk walk 2 mins, easy walk 6 min				
		Total Time I did									
4	27-Apr-19	Total Train. Time	32 mins	All ages Bible classes at 9:45 am Church at 11:00 am	32 mins	OFF	32 mins	OFF	OFF	96 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		Middle	Brisk 3 mins, easy 1 min for 6 sets		Brisk 3 mins, easy 1 min for 6 sets		Brisk 3 mins, easy 1 min for 6 sets				
		At End	Brisk walk 3 mins, easy walk 4 min		Brisk walk 3 mins, easy walk 4 min		Brisk walk 3 mins, easy walk 4 min				
		Total Time I did									
5	4-May-19	Total Train. Time	36 mins	All ages Bible classes at 9:45 am Church at 11:00 am	36 mins	OFF	36 mins	OFF	OFF	108 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		Middle	Brisk 4 mins, easy 1 min for 6 sets		Brisk 4 mins, easy 1 min for 6 sets		Brisk 4 mins, easy 1 min for 6 sets				
		At End	Brisk walk 1 min, easy walk 4 min		Brisk walk 1 min, easy walk 4 min		Brisk walk 1 min, easy walk 4 min				
		Total Time I did									
6	11-May-19	Total Train. Time	38 mins	All ages Bible classes at 9:45 am Church at 11:00 am	38 mins	OFF	38 mins	OFF	OFF	114 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		During	Brisk 5 mins, easy 1 min for 5 sets		Brisk 5 mins, easy 1 min for 5 sets		Brisk 5 mins, easy 1 min for 5 sets				
		At End	Brisk walk 3 mins, easy walk 4 min		Brisk walk 3 mins, easy walk 4 min		Brisk walk 3 mins, easy walk 4 min				
		Total Time I did									
7	18-May-19	Total Train. Time	42 mins	All ages Bible classes at 9:45 am Church at 11:00 am	42 mins	OFF	42 mins	OFF	OFF	126 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		Middle	Brisk 6 mins, easy 1 min for 5 sets		Brisk 6 mins, easy 1 min for 5 sets		Brisk 6 mins, easy 1 min for 5 sets				
		At End	Brisk walk 2 mins, easy walk 4 min		Brisk walk 2 mins, easy walk 4 min		Brisk walk 2 mins, easy walk 4 min				
		Total Time I did									
8	25-May-19	Total Train. Time	44 mins	All ages Bible classes at 9:45 am Church at 11:00 am	44 mins	OFF	44 mins	OFF	OFF	132 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		Middle	Brisk 8 mins, easy 1 min for 4 sets		Brisk 8 mins, easy 1 min for 4 sets		Brisk 8 mins, easy 1 min for 4 sets				
		At End	Brisk walk 3 mins, easy walk 4 min		Brisk walk 3 mins, easy walk 4 min		Brisk walk 3 mins, easy walk 4 min				
		Total Time I did									
9	1-Jun-19	Total Train. Time	49 mins	All ages Bible classes at 9:45 am Church at 11:00 am	49 mins	OFF	49 mins	OFF	OFF	147 mins	
		At Start	Easy walk 1 min		Easy walk 1 min		Easy walk 1 min				
		Middle	Brisk 10 mins, easy 1 min for 4 sets		Brisk 10 mins, easy 1 min for 4 sets		Brisk 10 mins, easy 1 min for 4 sets				
		At End	Easy walk 4 mins		Easy walk 4 mins		Easy walk 4 mins				
		Total Time I did									
10	8-Jun-19	Total Event Time	As long as it take to complete	All ages Bible classes at 9:45 am Church at 11:00 am		OFF		OFF	OFF		
		At Event Start	Easy walk 1 min								
		During the Event	Brisk 10 mins, easy 1 min for as many sets needed to compete								
		At Event End	Easy walk 4 mins followed by BBQ								
		Total Time I did									

NB: At this time do not worry about the walk pace or distance, as the goal is to increase the interval of time you spend walking

Do some of your training on a route that has some hills or inclines since there are inclines in the Walk/Run event

Drink at least 8 cups of water a day. If the day is hot when you go for your walk take water with you and take at last 2 mouth full during some of the 1 min walks

Stretch your walking muscles after walking

Place this schedule somewhere you will see it several times a day. At the end of each walk and end of each week note the total time you walked and the good and not so good parts of your walk training so far