



Example Training Guide 5K Run/Walk

■ Week 1

Walk briskly for 15 to 20 minutes, at least 5 times this week.

■ Week 2

Run for 2 minutes, then walk for 5 minutes. Repeat this 3 times (21 minutes total). Do this 3 or 4 times this week. Walk briskly for 30 minutes on two other days.

■ Week 3

Run for 4 minutes, then walk for 4 minutes. Repeat this 3 times (24 minutes total). Do this 3 or 4 times this week. Walk briskly for 30 minutes on two other days.

■ Week 4

Run for 5 minutes, then walk for 3 minutes. Repeat this 3 times (24 minutes total). Do this 3 or 4 times this week. On two other days, either walk briskly for 30 to 40 minutes, or alternate running and walking 2 minutes for 30 minutes.

■ Week 5

Run for 7 minutes, then walk a minute or two. Repeat this two times. Then alternate 2 minutes of running and a minute of walking three or four times (total time of 26 to 30 minutes). Do this 3 or 4 times during the week. On two or three other days do a light mix of running and walking, depending on how you feel.

■ Week 6

Run for one mile. Walk until you're recovered. Repeat this 3 times. Hey, you just covered at least 3 miles! Do this 3 or 4 times on three days this week. On two or three other days do a light mix of running and walking, depending on how you feel.

■ Week 7

On one or two days, run 1.5 miles followed by a brief walk. Repeat. If this workout is not difficult, do a 2 mile run or longer. Again, lighter running and/or walking on other days.

■ Week 8

Do at two 2-mile runs early in the week, say on Sunday and Wednesday. Light running and/or walking on other days. Rest on Friday.

