



8 Week 5k/3.1 mile Training Plan for Walkers

Week 1: Walk 15 minutes (min) at an easy pace 5 days this week.

Week 1 Goal: 60 to 75 min

ONIE Tip: Spread out rest days, an example would be walk Monday and Tuesday, rest on Wednesday.

Week 2: Walk 20 min at easy pace 5 days this week.

Week 2 Goal: 75 -100 min

ONIE Tip: Stretch before and after each walk.

Week 3: Walk 25 min at a moderate pace 5 days this week

Week 3 Goal: 100-125 min

ONIE Tip: Expect breathing to be heavier but not out of breath.

Week 4: Walk 30 min at a moderate pace 4 days this week (*short walk*). Build mileage on the 5th walking day by adding 10 min to your walk (*long walk*). Keep your long walk to an easy pace.

Week 4 Goal: 125-150 min

ONIE Tip: Remember to bring water, sip throughout the walk to stay hydrated.

Week 5: Walk 30 min at a moderate pace 4 days this week (*short walk*). Build mileage on the 5th walking day, by adding 15 min to your walk (*long walk*).

Week 5 Goal: 145-165 min

ONIE Tip: Build speed on your shorter walks by focusing on your form. Stand straight, extend your leg as you step forward to make each stride longer, and step forward by rolling from the heel of your foot to the toe. Pump your arms back and forth to push yourself forward.

Week 6: Walk 30 min at a moderate pace 4 days this week (*short walk*). Build mileage on the 5th walking day, try walking 60 min at an easy pace (*long walk*).

Week 6 Goal: 165- 185 min

ONIE Tip: Congratulations! At this point in your training, you are able to complete the 5K. Keep walking at this rate and race day will be easier, and more enjoyable!

Weeks 7-8: Train 5 days a week with 4 (30 min) short walks, and 1 (60+ min) long walk. Continue to build mileage by focusing on your speed, and your form. Remember to space out your rest days.

Week 7 Goal: 165- 185 min

ONIE Tip: It is a great feeling to know you can complete a 5k, try to keep this up throughout the year!



You can do a 5K (3.1 miles!)

