

# TRAINING PLAN

Walk 5-6km plan

# WALK 1

# WALK 2

# WALK 3

Week 1	10 minutes easy walking	12 minutes easy walking	15 minutes easy walking
Week 2	12 minutes easy walking	15 minutes easy walking	20 minutes easy walking
Week 3	15 minutes easy walking	20 minutes easy walking	25 minutes easy walking
Week 4	15 minutes easy walking	20 minutes easy walking	No third walk this week - recovery week
Week 5	25 minutes easy walking	20 minutes easy walking	30 minutes easy walking
Week 6	30 minutes easy walking	25 minutes easy walking with 6 x 30 seconds faster walking spread throughout	35 minutes easy walking
Week 7	30 minutes easy walking	4 minutes easy walking, 1 minute faster walking x6 (30 minutes total)	40 minutes easy walking
Week 8	25 minutes easy walking	30 minutes easy walking	No third walk this week - recovery week
Week 9	30 minutes easy walking	5 minutes easy warm up. 1 minute faster walking, 2 minutes easy walking x7. 5 minutes easy walk cool down (31 minutes total)	50 minutes easy walking
Week 10	35 minutes easy walking	5 minutes easy warm up. 90 seconds faster walking, 2 minutes 30 seconds easy walking x5. 5 minutes easy walk cool down (30 minutes total)	1 hour easy walking



# WALK 1

# WALK 2

# WALK 3

Week 11

35 minutes easy walking

5 minutes easy warm up. 2 minutes faster walking, 2 minutes easy walking x6. 5 minutes easy walk cool down (34 minutes total)

1 hour easy walking

Week 12

10 minutes easy walking

12 minutes easy walking

15 minutes easy walking

- **Easy walking** - where you could chat away if you were walking alongside someone, a full sentence on every out breath
- **Faster walking** - where you could only say 2-3 words on an out breath
- Try to have spread your walks out evenly across the week if you can
- If you miss one or two walks in a week, don't worry, just let them go and move on to the next walk
- If you can fit in one or two of the strength sessions each week that will really help your walking!

Training plan provided by

**WeRun**

