

## Walking Schedule for the 5-K

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 m walk	30-60 min walk
7	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 m walk	35-60 min walk
6	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2 MI walk	40-60 min walk
5	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 m walk	45-60 min walk
4	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.5 m walk	50-60 min walk
3	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 m walk	55-60 min walk
2	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 m walk	60 min walk
1	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	<b>5-K Walk</b>