

Train Your Way to a 5K: 8-Week Training Plan for Beginner Walkers

Adapted from *Fitness Walking, Second Edition* by Therese Iknoian, Copyright © 2005, 1995

Walking Workouts Defined

Short and Easy:

- Pace: approximately 18- to 22-min miles
- Treadmill Speed: 2.8 to 3.3 miles per hour
- RPE: (rate of perceived exertion) is 2 or 3 (on a 0-10 scale)
- Heart Zone: 60 to 69% maximum heart rate

Medium and Steady:

- Pace: approximately 15- to 20-min miles
- Treadmill Speed: 3 to 4.0 miles per hour
- RPE: (rate of perceived exertion) is 3 or 4 (on a 0-10 scale)
- Heart Zone: 65 to 74% maximum heart rate

Long and Steady:

- Pace: approximately 15-min miles
- Treadmill Speed: 4 miles per hour
- RPE: (rate of perceived exertion) is 5 (on a 0-10 scale)
- Heart Zone: 75 to 79% maximum heart rate

General Tips

- ⇒ Always seek your doctor's guidance before starting a new exercise routine.
- ⇒ Be sure to include 1 or more rest days between each session (for a 3 day per week plan such as this).
- ⇒ Set a goal (such as the Twin Cities Twosome) to give your walking more purpose.
- ⇒ Never increase walking distance more than 10-20% per week.
- ⇒ Try walking early in the morning to start your day in a positive, healthy way.
- ⇒ Exercising is more fun as a twosome! Convince a friend, family member, or pet to walk with you!
- ⇒ For more advanced walking plans, see *Fitness Walking, 2nd Edition* by Therese Iknoian.

Warm-up and Cool-down

For each workout, you should warm-up and cool-down. Subtract your planned walking time from planned total time. Divide this time in half. For example, on your first Weekday A, you plan to walk for 30 minutes. The total time you have for your workout is 40 minutes. That leaves you 10 minutes for warm-up and cool-down, or 5 minutes each. For the warm-up, walk easy and stretch if desired. For the cool-down, walk and then stretch.

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Week	Weekday A	Weekday B	Weekend
Eight (8) weeks prior to race date Total miles: 4 <i>To start early, do this week twice!</i>	Short and Easy #4 Total time: 35 to 40 min Distance: 1 mile Walking time: 25 to 30 min	Short and Easy #5 Total time: 35 to 45 min Distance: 1.25 miles Walking time: 26 to 29 min	Short and Easy #7 Total time: 50 min Distance: 1.75 miles Walking time: 36 to 37 min
Seven (7) weeks prior to race date Total miles: 4.75	Short and Easy #6 Total time: 45 to 50 min Distance: 1.5 miles Walking time: 31 to 34 min	Short and Easy #9 Total time: 35 to 45 min Distance: 1.5 miles Walking time: 30 to 31 min	Short and Easy #7 Total time: 50 min Distance: 1.75 miles Walking time: 36 to 37 min
Six (6) weeks prior to race date Total miles: 5	Short and Easy #9 Total time: 35 to 45 min Distance: 1.5 miles Walking time: 30 to 31 min	Short and Easy #11 Total time: 45 to 55 min Distance: 1.75 miles Walking time: 32 to 35 min	Medium and Steady #1 Total time: 45 to 50 min Distance: 1.75 miles Walking time: 35 to 38 min <i>*Mile 1 should be slightly quicker</i>
Five (5) weeks prior to race date Total miles: 5.75	Short and Easy #12 Total time: 50 to 55 min Distance: 2 miles Walking time: 38 minutes <i>*Include short hill or treadmill incline in mile 2, if possible</i>	Medium and Steady #1 Total time: 45 to 50 min Distance: 1.75 miles Walking time: 35 to 38 min <i>*Mile 1 should be slightly quicker</i>	Medium and Steady #2 Total time: 50 to 55 min Distance: 2 miles Walking time: 38 min <i>*Mile 2 should be slightly quicker</i>
Four (4) weeks prior to race date Total miles: 6.25	Short and Easy #11 Total time: 45 to 55 min Distance: 1.75 miles Walking time: 32 to 35 min	Short and Easy #12 Total time: 50 to 55 min Distance: 2 miles Walking time: 38 min <i>*Include short hill or treadmill incline in mile 2, if possible</i>	Medium and Steady #6 Total time: 50 to 55 min Distance: 2.5 miles Walking time: 37 to 38 min
Three (3) weeks prior to race date Total miles: 6.75	Short and Easy #7 Total time: 50 min Distance: 1.75 miles Walking time: 36 to 37 min	Short and Easy #12 Total time: 50 to 55 min Distance: 2 miles Walking time: 38 minutes <i>*Include short hill or treadmill incline in mile 2, if possible</i>	Medium and Steady #7 Total time: 60 to 70 min Distance: 3 miles Walking time: 45 to 54 min <i>*Pace is brisk, but not FAST</i>

Week	Weekday A	Weekday B	Weekend
Two (2) weeks prior to race date Total miles: 7	Medium and Steady #2 Total time: 50 to 55 min Distance: 2 miles Walking time: 38 min <i>*Mile 2 should be slightly quicker</i>	Medium and Steady #3 Total time: 50 to 55 min Distance: 2 miles Walking time: 34 to 38 min <i>*Middle of walking time should be slightly quicker pace</i>	Long and Steady #1 Total time: 60 min Distance: 3 miles Walking time: 45 minutes
TWOSOME WEEK! Total miles: 7.35	Medium and Steady #2 Total time: 50 to 55 min Distance: 2 miles Walking time: 38 min <i>*Mile 2 should be slightly quicker</i>	Medium and Steady #4 Total time: 50 to 55 min Distance: 2.25 miles Walking time: 38 to 42 min	<i>Twin Cities Twosome!</i> Walk begins at 9:01 a.m. Crystal Lake Park in Urbana Distance: 3.1 miles (5K) or 2 x 2.5K relay walk!

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