



2023

5K Schedule for Beginner Walkers

Goal: Finish a 5K Event

Each week, you should walk two timed days and one long walk day with a day in between.
Note the days that you walk can be adjusted to fit your needs.

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Aug		Walk 20 min	Off	Walk 25 min	Off	1.0 miles	Off
7-Aug	Off	Walk 25 min	Off	Walk 25 min	Off	1.5 miles	Off
14-Aug	Off	Walk 25 min	Off	Walk 30 min	Off	2 miles	Off
21-Aug	Off	Walk 30 min	Off	Walk 30 min	Off	2.5 miles	Off
28-Aug	Off	Walk 30 min	Off	Walk 30 min	Off	3 miles	Off
4-Sept	Off	Walk 30 min	Off	Walk 30 min	Off	3.5 miles	Off
11-Sept	Off	Walk 30 min	Off	Walk 30 min	Off	3.5 miles	Off
18-Sept	Off	Walk 30 min	Off	Walk 30 min	Off	4 miles	Off
25-Sept	Off	Walk 30 min	Off	KP Run Walk Roll 9/28/23			



2023

5K Schedule for Runners and Walkers

Goal: Finish a 5K race

This schedule is for runners and walkers. If you are an experienced runner or walker, you can add walk or XT training days. Each week, you should run or walk two timed days and one long run day with a day in between. Note the days that you run/walk can be adjusted to fit your needs.

If you are interested in a fat burning option you can add three minutes to all timed run/walks and 10 minutes before and after each long run. The extra time should be run or walked at a slower pace.

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Aug		Run/Walk 20 min	Walk or XT	Run/Walk 20 min	Walk or XT	1 mile	Off
7-Aug	Walk or XT	Run/Walk 20 min	Walk or XT	Run/Walk 20 min	Walk or XT	1.5 mile	Off
14-Aug	Walk or XT	Run/Walk 25 min	Walk or XT	Run/Walk 25 min	Walk or XT	2 miles	Off
21-Aug	Walk or XT	Run/Walk 25 min	Walk or XT	Run/Walk 25 min	Walk or XT	2.5 miles	Off
28-Aug	Walk or XT	Run/Walk 30 min	Walk or XT	Run/Walk 30 min	Walk or XT	3 miles	Off
4-Sept	Walk or XT	Run/Walk 30 min	Walk or XT	Run/Walk 30 min	Walk or XT	3.5 miles	Off
11-Sept	Walk or XT	Run/Walk 30 min	Walk or XT	Run/Walk 30 min	Walk or XT	4 miles	Off
18-Sept	Walk or XT	Run/Walk 30 min	Walk or XT	Run/Walk 30 min	Walk or XT	2 miles	Off
25-Sept	Walk or XT	Off	Off	KP Run Walk Roll - 9/28/23			

* Optional walk (30 minutes or less) or XT - cross training: alternative exercise that does not use running muscles (swimming, indoor cycle, biking, Nordic Track, etc)

Experienced Runner Training Schedule

Goal: Get Stronger

Speedwork Caution: Speedwork increases injury risk. You will reduce this risk to minimal levels by gradually increasing the number of repetitions, inserting adequate rest and being sensitive to your "weak links."

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Aug		3 miles	(*/**) 4 x 400 m	XT or Off	Off	3 mi XX	Off
7-Aug	MM 3 mi total	Walk 30 min or XT or Off	(*/**) 4 x 400 m	XT or Off	Off	4 mi xx	Off
14-Aug	4 miles	Walk 30 min or XT or Off	(*/**) 6 x 400 m	XT or Off	Off	5 mi xx	Off
21-Aug	5 miles	Walk 30 min or XT or Off	(*/**) 8 x 400 m	XT or Off	Off	6 mi xx	Off
28-Aug	RR - 1.5 mi + 1200 meters	Walk 30 min or XT or Off	(*/**) 10 x 400 m	XT or Off	Off	7 mi xx	Off
4-Sept	RR - 2 mi + 800 meters	Walk 30 min or XT or Off	(*/**) 12 x 400 m	XT or Off	Off	8 mi xx	Off
11-Sept	MM 6 mi total	Walk 30 min or XT or Off	(*/**) 14 x 400 m	XT or Off	Off	9.5 mi xx	Off
18-Sept	6 x 400	Walk 30 min or XT or Off	(*/**) 4 x 400 m	XT or Off	Off	4 mi xx	Off
25-Sept	run/walk 30 min	Walk 30 min or XT or Off	Off	KP Run Walk Roll 9/28/23			

KEY

MM=magic mile 1) warm-up mile 2) run a measured mile at a good, hard pace for you. For more details, go to <http://www.jeffgalloway.com/training/magic-mile/>
RR=race rehearsal. Run at goal pace (add 33 sec/mile to MM pace).

*=cadence drill: Done before you do the acceleration gliders, while on flat ground, count the number of times that either your left or right foot comes down for 30 seconds. Walk or jog for a minute or so and do it again. On each successive CD, try to increase the count by 1-2. Develop a light touch of the foot and quicker turnover of legs and feet. By this time next year you'll run faster if you add nothing more than the cadence drill to your running program, but you must do it at least once a week.

**=acceleration gliders: Twice a week, during the middle of an easy run or as final preparation before a speed or hill session, use this progression: jog slowly for about 10 steps, then jog a little faster for about 10 steps. Next, pick up the pace further over about 30 steps to a faster pace but not all out - then glide or coast off your momentum. Walk or jog slowly between each of these for 1-2 minutes. Don't sprint! Keep your feet low to the ground, lightly touch and work on running faster without spending much effort. The best venue for this session is the last 10 meters of a gentle downhill, which will give you momentum to pick up turnover onto a flat area.

XT = Cross train - alternative exercise that does not use running muscles (walking, swimming, indoor cycle, Nordic track, etc.)

Speed Day -Pace of 400 repeats = MM divided by 4; 200 meter walk between each

xx means run the long run should be at least 3:30 min/mile slower than your magic mile predicts in the 5K and adjust for temperature

For more information, go to KPRunWalkRoll.com.