



# 8 Week 5K

## Training Plan WALK

Before beginning any type of exercise program, consult your physician

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> (May 6-12)	6 Walk 15 minutes	7 Walk 10 minutes	8 REST	9 Walk 15-20 minutes	10 REST	11 Walk 20 minutes	12 REST
<b>Week 2</b> (May 13-19)	13 Walk 20 minutes	14 Walk 15 minutes	15 REST	16 Walk 20 minutes	17 REST	18 Walk 25 minutes	19 REST
<b>Week 3</b> (May 20-26)	20 Walk 25 minutes	21 Walk 20 minutes	22 REST	23 Walk 25 minutes	24 REST	25 Walk 30 minutes	26 REST
<b>Week 4</b> (May 27-June 2)	27 Walk 30 minutes	28 Walk 25 minutes	29 REST	30 Walk 30 minutes	31 REST	1 Walk 35 minutes	2 REST
<b>Week 5</b> (June 3-June 9)	3 Walk 35 minutes	4 Walk 30 minutes	5 REST	6 Walk 35 minutes	7 REST	8 Walk 40 minutes	9 REST
<b>Week 6</b> (June 10-16)	10 Walk 40 minutes	11 Walk 35 minutes	12 REST	13 Walk 40 minutes	14 REST	15 Walk 45 minutes	16 REST
<b>Week 7</b> (June 17-23)	17 Walk 45 minutes	18 Walk 40 minutes	19 REST	20 Walk 45 minutes	21 REST	22 Walk 50 minutes	23 REST
<b>Week 8</b> (June 24-30)	24 Walk 30 minutes	25 Walk 20 minutes	26 REST	27 	28	29	30

### Tips & Tricks

- Set a comfortable but moderate pace while walking
- Take rest breaks as needed
- Walk and rest days are flexible
- Strength training or any additional cross training activities is encouraged to be added into the weekly routine
- Take care of body: stretch, hydrate, proper nutrition, massage, etc.
- Eat within 30-45 minutes after you exercise to refuel



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# 8 Week 5K

## Training Plan RUN/WALK

Before beginning any type of exercise program, consult your physician

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> (May 6-12)	<b>6</b> Walk 3 min Run 2 min (repeat 3x)	<b>7</b> Run 10 min	<b>8</b> REST	<b>9</b> Walk 3 min Run 2 min (repeat 4x)	<b>10</b> REST	<b>11</b> Walk 20 min	<b>12</b> REST
<b>Week 2</b> (May 13-19)	<b>13</b> Walk 2 min Run 3 min (repeat 4x)	<b>14</b> Run 15 min	<b>15</b> REST	<b>16</b> Walk 2 min Run 3 min (repeat 5x)	<b>17</b> REST	<b>18</b> Walk 25 min	<b>19</b> REST
<b>Week 3</b> (May 20-26)	<b>20</b> Walk 2 min Run 4 min (repeat 4x)	<b>21</b> Run 20 min	<b>22</b> REST	<b>23</b> Walk 2 min Run 4 min (repeat 5x)	<b>24</b> REST	<b>25</b> Walk 30 min	<b>26</b> REST
<b>Week 4</b> (May 27-June 2)	<b>27</b> Walk 1 min Run 4 min (repeat 6x)	<b>28</b> Run 20-25 min	<b>29</b> REST	<b>30</b> Walk 1 min Run 4 min (repeat 7x)	<b>31</b> REST	<b>1</b> Walk 35 min	<b>2</b> REST
<b>Week 5</b> (June 3-June 9)	<b>3</b> Walk 1 min Run 5 min (repeat 5x)	<b>4</b> Run 25 min	<b>5</b> REST	<b>6</b> Walk 1 min Run 5 min (repeat 6x)	<b>7</b> REST	<b>8</b> Walk 40 min	<b>9</b> REST
<b>Week 6</b> (June 10-16)	<b>10</b> Walk 1 min Run 5 min (repeat 6x)	<b>11</b> Run 25-30 min	<b>12</b> REST	<b>13</b> Walk 1 min Run 5 min (repeat 7x)	<b>14</b> REST	<b>15</b> Walk 45 min	<b>16</b> REST
<b>Week 7</b> (June 17-23)	<b>17</b> Walk 1 min Run 5 min (repeat 7x)	<b>18</b> Run 30 min	<b>19</b> REST	<b>20</b> Walk 1 min Run 5 min (repeat 8x)	<b>21</b> REST	<b>22</b> Walk 50 min	<b>23</b> REST
<b>Week 8</b> (June 24-30)	<b>24</b> Walk 1 min Run 5 min (repeat 4-5x)	<b>25</b> Run 15-20 min	<b>26</b> REST	<b>27</b> 	<b>28</b>	<b>29</b>	<b>30</b>

### Tips & Tricks

- Set a comfortable but moderate pace while run/walking
- Take rest breaks as needed
- Walk/run and rest days are flexible
- Strength training or any additional cross training activities is encouraged to be added into the weekly routine
- Take care of body: stretch, hydrate, proper nutrition, massage, etc.
- Eat within 30-45 minutes after you exercise to refuel



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the

# 8 Week 5K

## Training Plan RUN

Before beginning any type of exercise program, consult your physician

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> (May 6-12)	<b>6</b> Run 15 minutes	<b>7</b> Run 10 minutes	<b>8</b> REST	<b>9</b> Run 15-20 minutes	<b>10</b> REST	<b>11</b> Run 20 minutes	<b>12</b> REST
<b>Week 2</b> (May 13-19)	<b>13</b> Run 20 minutes	<b>14</b> Run 15 minutes	<b>15</b> REST	<b>16</b> Run 20 minutes	<b>17</b> REST	<b>18</b> Run 25 minutes	<b>19</b> REST
<b>Week 3</b> (May 20-26)	<b>20</b> Run 25 minutes	<b>21</b> Run 20 minutes	<b>22</b> REST	<b>23</b> Run 25 minutes	<b>24</b> REST	<b>25</b> Run 30 minutes	<b>26</b> REST
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<b>Week 5</b> (June 3-June 9)	<b>3</b> Run 35 minutes	<b>4</b> Run 30 minutes	<b>5</b> REST	<b>6</b> Run 35 minutes	<b>7</b> REST	<b>8</b> Run 40 minutes	<b>9</b> REST
<b>Week 6</b> (June 10-16)	<b>10</b> Run 40 minutes	<b>11</b> Run 35 minutes	<b>12</b> REST	<b>13</b> Run 40 minutes	<b>14</b> REST	<b>15</b> Run 45 minutes	<b>16</b> REST
<b>Week 7</b> (June 17-23)	<b>17</b> Run 45 minutes	<b>18</b> Run 40 minutes	<b>19</b> REST	<b>20</b> Run 45 minutes	<b>21</b> REST	<b>22</b> Run 50 minutes	<b>23</b> REST
<b>Week 8</b> (June 24-30)	<b>24</b> Run 30 minutes	<b>25</b> Run 20 minutes	<b>26</b> REST	<b>27</b> 	<b>28</b>	<b>29</b>	<b>30</b>

### Tips & Tricks

- Set a comfortable but moderate pace while running
- Take rest breaks or walk as needed
- Run and rest days are flexible
- Strength training or any additional cross training activities is encouraged to be added into the weekly routine
- Take care of body: stretch, hydrate, proper nutrition, massage, etc.
- Eat within 30-45 minutes after you exercise to refuel



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