

GET MOVING IN MAY!



12-Week Run/Walk 5K Plan

| Week | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-------------------------------|--|-----|------|-----|-------|-----|-----|
| Run/Walk 3 Days a Week | | | | | | | |
| 1 | 5-min warm-up walk; 5 run/walk intervals (1-min Run /5-min Walk) ; 5-min cool-down walk | | | | | | |
| 2 | 5-min warm-up walk; 5 run/walk intervals (1-min Run /5-min Walk) ; 5-min cool-down walk | | | | | | |
| 3 | 5-min warm-up walk; 5 run/walk intervals (2-min Run /4-min walk) ; 5-min cool-down walk | | | | | | |
| 4 | 5-min warm-up walk; 5 run/walk intervals (2-min Run /4-min walk) ; 5-min cool-down walk | | | | | | |
| 5 | 5-min warm-up walk; 5 run/walk intervals (2-min Run /4-min walk) ; 5-min cool-down walk | | | | | | |
| 6 | 5-min warm-up walk; 5 run/walk intervals (3-min Run /3-min walk) ; 5-min cool-down walk | | | | | | |
| 7 | 5-min warm-up walk; 5 run/walk intervals (3-min Run /3-min walk) ; 5-min cool-down walk | | | | | | |
| 8 | 5-min warm-up walk; 5 run/walk intervals (3-min Run /3-min walk) ; 5-min cool-down walk | | | | | | |
| 9 | 5-min warm-up walk; 5 run/walk intervals (4-min Run /2-min walk) ; 5-min cool-down walk | | | | | | |
| 10 | 5-min warm-up walk; 5 run/walk intervals (4-min Run /2-min walk) ; 5-min cool-down walk | | | | | | |
| 11 | 5-min warm-up walk; 5 run/walk intervals (5-min Run /1-min walk) ; 5-min cool-down walk | | | | | | |
| 12 | 5-min warm-up walk; 5 run/walk intervals (5-min Run /1-min walk) ; 5-min cool-down walk | | | | | | |

The Run/Walk

Warm-Up Walk - Slow walk (a stroll) to help get your body limbered up for the Fitness Walk

Run Interval - An easy "natural" pace, it's not a sprint. You should be able to carry on a conversation.

Walk Interval - A brisk pace not a stroll.

Cool-Down Walk - Slow walk (a stroll) to ease your heart rate down and to keep you from stiffening up

