

GET MOVING IN MAY!



12-Week Walking 5K Plan

| Week | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|------------------------------|---|-----|------|-----|-------|-----|-----|
| Walking 4 Days a Week | | | | | | | |
| 1 | 5-min Warm-Up Walk; 6-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 2 | 5-min Warm-Up Walk; 8-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 3 | 5-min Warm-Up Walk; 10-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 4 | 5-min Warm-Up Walk; 12-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 5 | 5-min Warm-Up Walk; 14-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 6 | 5-min Warm-Up Walk; 16-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 7 | 5-min Warm-Up Walk; 18-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 8 | 5-min Warm-Up Walk; 20-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 9 | 5-min Warm-Up Walk; 24-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 10 | 5-min Warm-Up Walk; 26-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 11 | 5-min Warm-Up Walk; 28-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |
| 12 | 5-min Warm-Up Walk; 30-mins Fitness Walk; 5-min Cool-Down Walk; 5-min Stretching. | | | | | | |

Types of Walks

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

Fitness Walk - Brisk Walk (~3-4mph). You should feel somewhat labored, but still be able to carry on a conversation.

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

