

# 10 Week 5K Training Schedule

## Walkers

The 5K Walk Training Plan is a perfect plan for those who want to get active and train to walk the Mayor's Cup 5K. The program starts with four walking workouts of 15-20 minutes and gradually progresses to walking 40-60 minutes five times per week for ten weeks! This program is fun, fast and a great way to get fit.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Walk 20 minutes	Rest	Walk 20 minutes	Rest	Walk 15 minutes	Walk 20 minutes	Rest
2	Walk 20 minutes	Rest	Walk 20 minutes	Rest	Walk 15 minutes	Walk 25 minutes	Rest
3	Walk 20 minutes	Rest	Walk 25 minutes	Rest	Walk 15 minutes	Walk 30 minutes	Rest
4	Walk 25 minutes	Rest	Walk 25 minutes	Rest	Walk 20 minutes	Walk 35 minutes	Rest
5	Walk 25 minutes	Rest	Walk 30 minutes	Rest	Walk 25 minutes	Walk 40 minutes	Rest
6	Walk 30 minutes	Walk 25 minutes	Walk 30 minutes	Rest	Walk 25 minutes	Walk 45 minutes	Rest
7	Walk 30 minutes	Walk 25 minutes	Walk 35 minutes	Rest	Walk 25 minutes	Walk 50 minutes	Rest
8	Walk 35 minutes	Walk 25 minutes	Walk 40 minutes	Rest	Walk 30 minutes	Walk 60 minutes	Rest
9	Walk 40 minutes	Walk 25 minutes	Walk 40 minutes	Rest	Walk 30 minutes	Walk 50 minutes	Rest
10	Walk 40 minutes	Walk 25 minutes	Walk 35 minutes	Rest	Walk 20 minutes	Rest	<b>Mayor's Cup 5K</b>

### Walking Tips:

1. Warm-up. Begin walking slowly and gradually increase your pace.
2. Use good posture. Walk tall, look forward (not at the ground) about 20 feet ahead.
3. Keep your chest raised, and shoulders relaxed.
4. Bend your arms in slightly less than 90 degree angle. Swing arms front and back – not side to side.
5. As you walk, tighten your abs and buttocks.
6. Breathe naturally. Take deep, rhythmic breaths to get the maximum amount of oxygen through your system.
7. Don't overdo it. Take a break if you need it.
8. Cool-down. Stretch your legs and arms after you complete your workout.