

4 WEEK 5K WALK TRAINING PLAN

Training for International Women's Day Fun Run 5K walk? Crush it with this 4 week training plan

Managing your effort

In preparation for the walk, you're going to start training four weeks before the event and walk three days each week with some rest days in between. If you need to adjust the exact days, that's fine. Just make sure to maintain your rest days.

The goal of the program is to improve your speed and endurance gradually, with your progress ultimately peaking just in time for your race.

Listen to your body

For many of the walks, we'll be using a scale from zero to 10 to manage your level of effort, where zero would be how much effort it takes you to sit in a chair and do nothing. 10 would be your absolute maximum effort.

The beauty of using this scale is it's entirely subjective based on how you're feeling on any given day, which brings up an important point: Throughout your training, it's important to listen to your body and adjust accordingly. It's OK, even encouraged, to tailor this plan to your experience and goals!

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Easy Walk 20 minutes	Rest	Walk 15 minutes Level of effort 7/10	Rest & Stretch	Distance Walk 3.5 km Level of effort 5/10	Rest	Rest
WEEK 2	Easy Walk 20 minutes	Rest	Walk 25 minutes Level of effort 7/10	Rest & Stretch	Distance Walk 4 km Level of effort 5/10	Rest	Rest
WEEK 3	Easy Walk 45 minutes	Rest	Walk 40 minutes Level of effort 7/10	Rest & Stretch	Distance Walk 4.5 km Level of effort 5/10	Rest	Rest
WEEK 4	Distance Walk 5 km Level of effort 6/10	Rest	Walk 50 minutes Level of effort 7/10	Easy Walk 30 minutes	Rest & Stretch	Rest	RACE DAY! 