

# 10-Week 5K Walk

- Step 1: Register now for the Girls on the Run 5K Run/Walk at [GOTRStarkCty.org/GOTR5k.html](http://GOTRStarkCty.org/GOTR5k.html). It's the best incentive to stay on track!
- Step 2: Follow this simple 10-week training schedule
- Step 3: Keep it fun!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	20 minutes	<b>R</b>	15 minutes	20 minutes	<b>R</b>	25 minutes	<b>R</b>
<b>2</b>	20 minutes	<b>E</b>	15 minutes	20 minutes	<b>E</b>	25 minutes	<b>E</b>
<b>3</b>	20 minutes	<b>S</b>	20 minutes	20 minutes	<b>S</b>	35 minutes	<b>S</b>
<b>4</b>	30 minutes	<b>T</b>	20 minutes	30 minutes	<b>T</b>	35 minutes	<b>T</b>
<b>5</b>	30 minutes		25 minutes	30 minutes		45 minutes	
<b>6</b>	40 minutes	<b>OR</b>	25 minutes	40 minutes	<b>OR</b>	45 minutes	<b>OR</b>
<b>7</b>	40 minutes		30 minutes	40 minutes		55 minutes	
<b>8</b>	50 minutes	<b>XT*</b>	30 minutes	50 minutes	<b>XT*</b>	55 minutes	<b>XT*</b>
<b>9</b>	50 minutes		40 minutes	50 minutes		60 minutes	
<b>10</b>	60 minutes		40 minutes	30 minutes		<b>GOTR 5K Run/Walk</b>	

\*XT: Cross Train 30-40 minutes (biking, elliptical trainer, swimming, or light weights)

**Always start each workout with a 5-minute warm-up of brisk walking and end it with a 5-minute cool-down of easy walking.** Be sure to do gentle stretching exercises before and after walking. Wear a comfortable pair of running/walking shoes and Drink plenty of fluids before, during, and after each workout.

*Warning: Not all exercises are suitable for everyone and this or any other exercise program may result in injury. To reduce risk of injury, consult your physician before beginning this exercise program. The creators of this program disclaim any liabilities or loss in connection with the exercise and advice herein.*