

# 5K to 5 mile (8K) Walk Training Schedule



Adapted from Hal Higdon's 8-K Training Guide

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #	September 5, 2016	September 6, 2016	September 7, 2016	September 8, 2016	September 9, 2016	September 10, 2016	September 11, 2016
<b>1</b>	Stretch & strength	30 min walk	Rest or walk	30 min walk	Rest	3 mi walk	45-90 min walk
	September 12, 2016	September 13, 2016	September 14, 2016	September 15, 2016	September 16, 2016	September 17, 2016	September 18, 2016
<b>2</b>	Stretch & strength	35 min walk	Rest or walk	35 min walk	Rest	3.5 mi walk	2.5 m run
	September 19, 2016	September 20, 2016	September 21, 2016	September 22, 2016	September 23, 2016	September 24, 2016	September 25, 2016
<b>3</b>	Stretch & strength	40 min walk	Rest or walk	40 min walk	Rest	4 mi walk	3 m run
	September 26, 2016	September 27, 2016	September 28, 2016	September 29, 2016	September 30, 2016	October 1, 2016	October 2, 2016
<b>4</b>	Stretch & strength	45 min walk	Rest or walk	45 min walk	Rest	4.5 mi walk	3.5 m run
	October 3, 2016	October 4, 2016	October 5, 2016	October 6, 2016	October 7, 2016	October 8, 2016	October 9, 2016
<b>5</b>	Stretch & strength	50 min walk	Rest or walk	50 min walk	Rest	5 mi walk	4 m run
	October 10, 2016	October 11, 2016	October 12, 2016	October 13, 2016	October 14, 2016	October 15, 2016	October 16, 2016
<b>6</b>	Stretch & strength	55 min walk	Rest or walk	55 min walk	Rest	5.5 mi walk	4 m run
	October 17, 2016	October 18, 2016	October 19, 2016	October 20, 2016	October 21, 2016	October 22, 2016	October 23, 2016
<b>7</b>	Stretch & strength	60 min walk	Rest or walk	60 min walk	Rest	5.5 mi walk	4.5 m run
	October 24, 2015	October 25, 2015	October 26, 2015	October 27, 2015	October 28, 2015	October 29, 2015	October 30, 2016
<b>8</b>	Stretch & strength	30 min walk	Rest or walk	30 min walk	Rest	Rest	5 m (8-K) walk

## 5 Mile (8-K) Training Guide - Intermediate Walk Program

Walkers: Training for Their First 5 mile (8-K) Race

**HOW MUCH DO YOU NEED TO TRAIN** to be able to walk your first 5 mile (8-K) race? Some individuals who possess a reasonably good level of fitness (because they bicycle or swim or participate in other sports) could probably go out and walk 5-6 miles on very little training. They might be sore the week after the race but they still could finish. But, if you've made the decision to walk a 5 mile race, you might as well do it right. The above is an eight-week training schedule to help get you to the finish line of your first 5 mile race (BTW - 5 miles is a shade longer than 8-K).

# 5K to 5 mile (8K)Walk Training Schedule

**To participate in this 5 mile training program, you should have no major health problems, should be in reasonably good health, and should have done at least some walking recently. It may be prudent to discuss this program with you physician if you have any doubts about your health prior to starting this program.** If walking for 30 minutes for your first workout on Tuesday of the first week seems too difficult, you might want to begin by using our Coach to 5K Novice walk training plan instead, as long as you have significantly more than eight weeks before your 5 mile race and then begin this training program afterward. If you have any questions send an email to [Info@BeautyAndTheBeachRun.com](mailto:Info@BeautyAndTheBeachRun.com) (our our Certified Endurance Running/Walking Coach will answer your questions). They will be glad to help you decide on the best training plan for you.

Below are explanations of the terms used in this training schedule.

**Stretch & Strength:** Mondays are the days in which you are advised to do some stretching along with strength training. This is actually a day of rest following your longer weekend walks. Do some easy stretching of your walking muscles. This is good advice for any day, particularly after you finish your walk, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a health club or your body weight at home. Walkers generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. It is also suggested that you do some strength training following your Thursday workouts, however you can schedule strength training on any two days convenient for your schedule.

**Walking workouts:** Put one foot in front of the other for the amount of time or distance schedule for each day. It sounds pretty simple, and it is. Don't worry about how fast you walk; just cover the time or distance--or approximately the distance suggested. Ideally, you should be able to walk at a pace that allows you to talk easily during the entire time. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you walk four days of the week: Tuesdays, Thursdays, Saturdays and Sundays.

**Rest:** The most important day in any training program is the rest days. Rest days are vital training days. They give your muscles time to recover so you can walk again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve much. In this program, Monday and Friday is always scheduled as a day of rest to compliment the easy workouts on Mondays and Thursdays and to be ready for the longer workouts on the weekends. Do not skip them!!!

**Rest or Walk:** Hard/easy is a common pattern among endurance training plans. You train hard to exercise your muscles, then rest to give them time to recover. You may want to take today off if you still feeling sore, but if yesterday's walk went well and you're not sore, feel free to walk again, regardless of the distance (just be aware that more is not always better during endurance training so take it easy as your schedule calls for a walk on Thursday also).

Feel free to make minor modifications to suit your own particular schedule needs. If you have any questions send an email to [Info@BeautyAndTheBeachRun.com](mailto:Info@BeautyAndTheBeachRun.com) (our Certified Endurance Running/Walking Coach will answer your question).