

# Couch to 5K Walk Training Schedule



Adapted from Hal Higdon's 8-K Training Guide

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #	July 7, 2016	July 8, 2016	July 9, 2016	July 10, 2016	July 11, 2016	July 12, 2016	July 13, 2016
<b>1</b>	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 mi walk	30-60 min walk
	July 14, 2016	July 15, 2016	July 16, 2016	July 17, 2016	July 18, 2016	July 19, 2016	July 20, 2016
<b>2</b>	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 mi walk	35-60 min walk
	July 21, 2016	July 22, 2016	July 23, 2016	July 24, 2016	July 25, 2016	July 26, 2016	July 27, 2016
<b>3</b>	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2 mi walk	40-60 min walk
	July 28, 2016	July 29, 2016	July 30, 2016	July 31, 2016	August 1, 2016	August 2, 2016	August 3, 2016
<b>4</b>	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 mi walk	45-60 min walk
	August 4, 2016	August 5, 2016	August 6, 2016	August 7, 2016	August 8, 2016	August 9, 2016	August 10, 2016
<b>5</b>	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.5 mi walk	50-60 min walk
	August 11, 2016	August 12, 2016	August 13, 2016	August 14, 2016	August 15, 2016	August 16, 2016	August 17, 2016
<b>6</b>	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 mi walk	55-60 min walk
	August 18, 2016	August 19, 2016	August 20, 2016	August 21, 2016	August 22, 2016	August 23, 2016	August 24, 2016
<b>7</b>	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 mi walk	60 min walk
	August 25, 2016	August 26, 2016	August 27, 2016	August 28, 2016	August 29, 2016	August 30, 2016	September 1, 2016
<b>8</b>	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	Race (5K)

## 5K Training Guide - Novice Walking Program

Novice walkers: Training for Their First 5K Race

**HOW MUCH DO YOU NEED TO TRAIN** to be able to walk your first 5K 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 3 miles on very little training. They might be sore the week after a race at of that distance, but they still could finish. But if you've made the decision to walk a 5K 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 5K race (BTW - 5K is a shade longer than 3 miles).

# Couch to 5K Walk Training Schedule

**To participate in this Couch to 5K walk training program, you should have no major health problems, should be in reasonably good health. It may be prudent to discuss this program with your physician if you have any doubts about your health prior to starting.** If walking for 15 minutes for your first workout on Tuesday of the first training week seems too difficult, you might not yet be ready to begin training for this distance. 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 questions). They will be glad to help you decide on the best training plan for you.

Below (on the following page) are explanations of the days in this training schedule.

**Monday:** Rest or walk. You trained pretty hard over the weekend, so use this day of rest if you experience any fatigue, or if your leg muscles are sore. If you're not either sore or feeling tired, then take a nice relaxing walk, but don't push it today. See the note below on the importance of rest days.

**Tuesday and Thursday:** Many training programs utilize a 48-hour break between bouts of hard exercise, so it's time to train again. In this eight-week program, begin by walking for 15 minutes at a comfortable pace. Every other week, add another 5 minutes to the length of your walk. By going at it gradually, you should be able to improve your walking ability without discomfort or risk of injury.

**Wednesday:** Rest or walk. Hard/easy is a common pattern in most training plans. You train hard to exercise your muscles, then rest to give them time to recover. You might want to take today off, but if yesterday's walk went well, feel free to walk again, regardless of distance. If you're really feeling strong, repeat the Saturday or Sunday pattern for your Wednesday walks.

**Friday:** Another rest day. You need to make sure your muscles are well rested so you can train hard on the weekends. Depending on your own particular schedule, you may want to juggle workouts, substituting one day's workout for another. It doesn't matter much on which day you do specific workouts as long as you are consistent with your training.

**Saturday:** The Saturday workouts are stated in miles rather than minutes. This is to give you an idea of how much distance you are able to cover over a specific period of time as well as to give you confidence in your ability to walk 5 kilometers. The 5-K is actually 3.1 miles long, so by the time you get to the 3-miler on the seventh Saturday, you will be only a short distance from achieving your goal.

**Sunday:** At least one day a week, it's a good idea to go for a long walk without worrying about exactly how much distance you cover. For instance, walk in the woods over unmeasured trails. Some people may be able to walk continuously for an hour at least once a week, even if it means walking very slowly or pausing to rest. If walking an hour seems too difficult the first week, start with 30 minutes and by adding 5 minutes each week, build up to the point where you can walk continuously for 60 minutes.

Feel free to make minor modifications to suit your own particular schedule needs. If you have any questions send an email to Joe at: [RaceDirector@BeautyAndTheBeachRun.com](mailto:RaceDirector@BeautyAndTheBeachRun.com) (our Certified Endurance Running Coach).