



WALK YOUR WAY TO A 5K IN JUST 6 WEEKS



WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Stretch and Walk 10 Minutes	Rest	Stretch and Walk 10 Minutes	Rest	Stretch and Walk 10 Minutes	Rest	Stretch and Walk 10 Minutes
2	Rest	Stretch and Walk 15 Minutes	Rest	Stretch and Walk 15 Minutes	Rest	Rest	Stretch and Walk 15 Minutes
3	Stretch and Walk 15 Minutes	Rest	Stretch and Walk 15 Minutes	Rest	Stretch and Walk 15 Minutes	Rest	Stretch and Walk 25 Minutes
4	Rest	Stretch and Walk 20 Minutes	Rest	Stretch and Walk 20 Minutes	Rest	Rest	Stretch and Walk 30 Minutes
5	Stretch and Walk 20 Minutes	Rest	Stretch and Walk 20 Minutes	Rest	Stretch and Walk 20 Minutes	Rest	Stretch and Walk 30 Minutes
6	Rest	Stretch and Walk 40 Minutes	Rest	Stretch and Walk 40 Minutes	Rest	Rest	Stretch and Walk 60 Minutes

