

## 10-Week Walking Schedule

Step 1: Register now for the New Balance Girls on the Run 5K. Go to [www.rsracingsystems.com](http://www.rsracingsystems.com). It's the best incentive to stay on track!

Step 2: Follow this simple 10 training schedule

Step 3: Keep it fun!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	20 min	R	15 min	20 min	R	25 min	R
2	20 min	E	15 min	20 min	E	25 min	E
3	20 min	S	20 min	20 min	S	35 min	S
4	30 min	T	20 min	30 min	T	35 min	T
5	30 min		25 min	30 min		45 min	
6	40 min	OR	25 min	40 min	OR	45 min	OR
7	40 min		30 min	40 min		55 min	
8	50 min	X	30 min	50 min	X	55 min	X
9	50 min	T*	40 min	50 min	T*	60 min	T*
10	60 min		40 min	30 min		5K	

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

Aren't sure you can walk 5 kilometers (3.1 miles) by June 4th? Here is a 10-week training program to get you started. Make sure to wear a comfortable pair of running/walking shoes. Drink plenty of fluids before, during and after each workout. Be sure to do gentle stretching exercises before and after walking. Begin and end each workout gradually, increasing the pace during the middle of each workout. Enjoy! We'll see you at the finish line on June 4th!

**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.