

10 Week Walking Schedule

Completing your first 5K is as easy as

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Step 1: Register now for the New Balance Girls on the Run 5K. Go to www.gotrstarkcty.org and click on the 2010 New Balance Girls on the Run button. It's the best incentive to keep on track!

Step 2: Follow this simple 10 week training program.

Step 3: Keep it fun!

WEEK	SUN	MON	TUE	WED	THR	FRI	SAT
1	15 min	R	20 min	15 min	20 min	R	25 min
2	15 min	E	20 min	15 min	20 min	E	25 min
3	20 min	S	20 min	20 min	20 min	S	35 min
4	20 min	T	30 min	20 min	30 min	T	35 min
5	25 min		30 min	25 min	30 min		45 min
6	25 min	O	40 min	25 min	40 min	O	45 min
7	30 min	R	40 min	30 min	40 min	R	55 min
8	30 min		50 min	30 min	50 min		55 min
9	40 min	X	50 min	40 min	50 min	X	60 min
10	40 min	T*	60 min	40 min	30 min	T*	5K walk

*** X T: Cross train 30-40 min @ biking, elliptical trainer, swimming**

Aren't sure you can walk 5 kilometers by June 5th? Here is a 10 week training program to get you started. Make sure to wear a good comfortable pair of running 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 5th!

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.