

5K Training Plans: I recommend using a free app like Map My Walk, Nike Run Club, or Strava to count your mileage and time. You can also connect to friends using the same apps and encourage each other.

Beginners: This is a 3 day/week walk or jog your first 5K plan. This plan assumes that you can walk for 20 minutes (at any pace) from the start. If you cannot, please begin by training for the 1-mile walk.

Week	Day 1	Day 2	Day 3
1	5 minute warm up walk followed by 15 minutes walking at a faster pace (it should be exercise, but you should not be huffing and puffing nor should it be too easy). 5 minute cool down walk. Stretch	5 minute warm-up walk followed by 15 minute interval walk (1 minute fast walk – should be challenging – 2 minute easier pace to catch your breath) Repeat this 4 more times for total of 15 minutes. 5 minute cool down walk and stretch	5 minute warm-up walk followed by 17 minute walking at steady, faster pace. 5 minute cool down walk and stretch