

5 km Walking Clinic Training Schedule

Goals:

- To be able to walk 5 km in less than an hour
- To improve walking posture and form
- To finish a 5 km walk feeling energized rather than exhausted

The clinic is meant for beginners who are active (housework, gardening, etc.) without significant health issues, who do not regularly participate in fitness walking.

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1	Apr 5	Apr 6	Apr 7	Apr 8	Apr 9	Apr 10	Apr 11
					15 min Easy pace	OFF	15 min Easy pace
2	Apr 12	Apr 13	Apr 14	Apr 15	Apr 16	Apr 17	Apr 18
	OFF	15 min Easy pace	OFF	15 min Easy pace	20 min posture	OFF	20 min posture
3	Apr 19	Apr 20	Apr 21	Apr 22	Apr 23	Apr 24	Apr 25
	OFF	20 min posture	OFF	20 min posture	25 min moderate	OFF	25 min moderate
4	Apr 26	Apr 27	Apr 28	Apr 29	Apr 30	May 1	May 2
	OFF	25 min moderate	OFF	25 min moderate	30 min moderate	OFF	30 min moderate
5	May 3	May 4	May 5	May 6	May 7	May 8	May 9
	OFF	40 min Easy pace	OFF	30 min moderate	30 min 3 hills	OFF	30 min moderate
6	May 10	May 11	May 12	May 13	May 14	May 15	May 16
	OFF	50 min Easy pace	OFF	30 min 3 hills	30 min 4 hills	OFF	30 min moderate
7	May 17	May 18	May 19	May 20	May 21	May 22	May 23
	OFF	60 min Easy pace	OFF	30 min 4 hills	35 min 5 hills	OFF	35 min moderate
8	May 24	May 25	May 26	May 27	May 28	May 28	May 30
	OFF	65 min Easy pace	OFF	35 min 5 hills	35 min 5 intervals*	OFF	40 min moderate
9	May 31	June 1	June 2	June 3	June 4	June 5	June 6
	OFF	70 min Easy pace	OFF	35 min 5 intervals*	45 min 8 intervals*	OFF	30 min moderate
10	June 7	June 8	June 9	June 10	June 11	June 12	June 13
	OFF	60 min Easy pace	OFF	40 min moderate	Walk 5 km	OFF	OFF

*Interval training; Walk at easy pace for 10 minutes, then walk as fast as possible for 30 seconds, slow to comfortable pace for 2 minutes, then repeat, doing it 5 times during week 8 and 9, and 8 times during week 9.

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