



Tower Rock Run - 5K Walkers Training Plan



Training Notes:

Walkers are welcomed and encouraged to participate. Walking a 5K is a great way to get the family involved and kick-start your fitness. For walkers participating in a race event it is best to start in the back to prevent runners from having to go around you.

The following program will provide the guidance needed for you to comfortably finish the 5K (3.1mile) distance in great spirits and enjoy the day. Make sure you wear a comfortable pair of shoes that you have been training in.

At the end of this eight-week program you will be ready to take on the 5K distance. The natural progression at this point is considering a 5K run or a 10K event. If you are looking for a more advanced plan or ready to take on a 10K or a half-marathon please reach out. We would be happy to help you reach your goals and can be reached at pranaendurancetraining@gmail.com

Details on each day of the week:

Monday: Rest or walk. Enjoy some downtime after the week of training

Tuesday: Start the training week again by walking at a brisk pace for 15 minutes then increasing to 30 minutes by week eight.

Wednesday: Rest or an easy walk. As you start your training you will notice Wednesdays are set for resting however as the weeks progress you will have built your endurance to allow you to walk.

Thursday: Begin with 15 minutes and add five more minutes to your walk every second week. This is also a good time to mix things up a little and add a few minutes of a faster walk between slower walk sessions.

Friday: A good day to rest, decompress and get ready for the weekend's training.

Saturday: These are the most important training days of the week. The duration is set in miles to give you the mental focus needed to complete the distance. We will build you up slowly, by week seven you will be ready to take on the 5K (3.1 miles)

Sunday: Long walk based on time, this is a great chance to get on your local trails and enjoy the scenery. On the first week try to walk for an hour but only walk for 30 minutes if it's too

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 10 min	Walk 15 min	Rest or Walk	Walk 15 min	Rest	1.5 mile walk	Walk 30- 60 min
2	Walk 10 min	Walk 15 min	Rest or Walk	Walk 15 min	Rest	1.75 mile walk	Walk 35- 60 min
3	Walk 10 min	Walk 20 min	Rest or Walk	Walk 20 min	Rest	2 mile walk	Walk 40- 60 min
4	Walk 10 min	Walk 20 min	Rest or Walk	Walk 20 min	Rest	2.25 mile walk	Walk 45- 60 min
5	Walk 10 min	Walk 25 min	Rest or Walk	Walk 25 min	Rest	2.5 mile walk	Walk 50- 60 min
6	Walk 10 min	Walk 25 min	Walk 10 min	Walk 25 min	Rest	2.75 mile walk	Walk 55- 60 min
7	Walk 10 min	Walk 30 min	Walk 10 min	Walk 30 min	Rest	3 mile walk	Walk 60 min
8	Walk 10 min	Walk 30 min	Walk 10 min	Walk 10 min	Rest	Race	Rest

For more information on training and personalized coaching please visit our website:

www.pranaendurancetraining.com