

## WALK: EARNED RUNS 'ON TO THE NEW YEAR 2018-2019 5K TRAINING PLAN

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Dec 2		Myrtls Dynamic Warm-ups	Myrtls DWarm- ups	Dead Bugs	Myrtls DWarm- ups	Lower Body Strength	Myrtls DWarm- ups
	Foam Roll	Walk 25 min	Walk 25 min	Walk 25 min	Walk 25 min	Foam Roll	Walk 25 min
		Post-walk Stretches	Post-walk stretches	Post-walk stretches	Post-walk stretches		Post-walk stretches
Week 2 Dec 9		Myrtls Dynamic Warm-ups	Myrtls DWarm- ups	Dead Bugs	Myrtls DWarm- ups	Upper Body Strength	Myrtls DWarm- ups
	Foam Roll	Walk 30 min	Walk 30 min HIIT	Walk 30 min	Walk 30 min	Foam Roll	Walk 40 min
		Post-walk stretches	Post-walk stretches	Post-walk stretches	Post-walk stretches		Post-walk stretches
Week 3 Dec 16		Myrtls Dynamic Warm-ups	Myrtls DWarm- ups	Dead Bugs	Myrtls DWarm- ups	Lower Body Strength	Myrtls DWarm- ups
	Foam Roll	Walk 30 min	Walk 30 min HIIT	Walk 30 min	Walk 30 min	Foam Roll	Walk 45 min
		Post-walk stretches	Post-walk stretches	Post-walk stretches	Post-walk stretches		Post-run Stretches
Week 4 Dec 23		Myrtls DWarm- ups	Dead Bugs	Myrtls DWarm- ups	Myrtls DWarm- ups	Myrtls DWarm- ups	Myrtls DWarm- ups
	Foam Roll	Walk 30 min HIIT	<b>Merry Christ-mas!</b>  Foam Roll	Walk 30 min	Walk 30 min	Walk 30 min	Walk 60 min
		Post-walk stretches		Post-walk stretches	Post-walk stretches	Post-walk stretches	Post-run Stretches

Adapted from VeryWellFit.com 5k Beginners 5K Walk Plan, starting at week 3.  
<https://www.verywellfit.com/beginners-5k-walk-training-schedule-3435038>

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	Sunday	Monday	Tuesday	Wednsdy	Thursday
Week 5		Myrtls DWarm -ups	Myrtls DWarm-ups	Recover 30 min walk	
Dec 30	Foam Roll	<b>Dec 31 WALK New Year's Eve 5K</b>	<b>Jan1 RUN New Year's Day 5K</b>	Foam Roll	
	Walk 20 min at 80% race pace	Post-run Stretches	Post-run Stretches		
		OR	OR		
		Walk 20min at 80% race pace	Recover 30 min easy walk		
		Post-run Stretches	Foam Roll		

**1) Walks should be performed at moderately intense pace. A preceding warm-up can be added of about 5 minutes at easy pace, and an easy cool-down of about 5 minutes.**

2) HIIT: walk 3 min at moderate pace, followed by 3 minutes at moderate-to vigorous pace. Repeat this 3+3-minute cycle 5 times, for a total of 30 minutes.

2) **Dynamic warm-ups:** stretches that help increase joint flexibility

3) **STRENGTH:** design your own routines or see the RESOURCES page for suggestions

4) **MYRTL's** are a set of movements that improve hip mobility; BEST performed before each walk session. Get at least one session/week done regardless of timing.

5) **DEAD BUGS** are core/abdominal exercises; do these or choose your own.

6) **Foam Rolling** is a type of self-massage that helps relieve tightness in soft tissue.

**7) See the RESOURCES page for descriptions/video demonstrations of above routines!**