

## WALK: EARNED RUNS 'ON TO THE NEW YEAR 2019-2020 5K TRAINING PLAN

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Dec 2				Dead Bugs	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups
				Walk 25 min	Walk 25 min	Foam Roll	Walk 25 min
				Post-walk stretches	Post-walk stretches		Post-walk stretches
Week 2 Dec 8		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 15		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-walk Stretches
Week 4 Dec 22		Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups
	Foam Roll	Walk 30 min HIIT	Walk 30 min	<b>Christmas!</b>	Walk 30 min	Walk 30 min	Walk 60 min
		Post-walk stretches	Post-walk stretches	Foam Roll	Post-walk stretches	Post-walk stretches	Post-walk 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	Myrtls DWarm- ups	Recover 30 min walk
Dec 29	Foam Roll	Walk 20min at 80% race pace  Post-walk Stretches	<b>DEC 31</b> <b>WALK New</b> <b>Year's EVE</b> <b>5K</b>  Post-walk Stretches  OR  Walk 20min at 80% race pace  Post-walk Stretches	<b>Jan 1</b> <b>WALK</b> <b>New</b> <b>Year's</b> <b>DAY 5K</b>  Post-walk Stretches  OR  Recover 30 min walk  Foam Roll	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!*