

WALK: EARNED RUNS 'ON TO THE NEW YEAR' 2020-21 5K TRAINING PLAN

Sunday	Monday	Tuesday	Wednesday Dec. 2	Thursday	Friday	Saturday
Week 1 Nov 30			Dead Bugs	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls Dynamic Warm-ups
			Walk 25 min	Walk 25 min	Foam Roll	Walk 25 min
			Post-walk stretches	Post-walk stretches		Post-walk stretches
Week 2 Dec 6	Myrtls Dynamic Warm-ups	Myrtls Dynamic Warm-ups	Dead Bugs	Myrtls Dynamic Warm-ups	Upper Body Strength	Myrtls Dynamic Warm-ups
	Foam Roll	Walk 30 min	Walk 30 min	Walk 30 min	Foam Roll	Walk 40 min
		HIIT Post-walk stretches	Post-walk stretches	Post-walk stretches		Post-walk stretches
Week 3 Dec 13	Myrtls Dynamic Warm-ups	Myrtls Dynamic Warm-ups	Dead Bugs	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls Dynamic Warm-ups
	Foam Roll	Walk 30 min	Walk 30 min	Walk 30 min	Foam Roll	Walk 45 min
		HIIT Post-walk stretches	Post-walk stretches	Post-walk stretches		Post-walk Stretches
Week 4 Dec 20	Myrtls Dynamic Warm-ups	Myrtls Dynamic Warm-ups	Dead Bugs	Myrtls Dynamic Warm-ups	Myrtls Dynamic Warm-ups	Myrtls Dynamic Warm-ups
	Foam Roll	Walk 30 min	Foam Roll	Walk 30 min	Walk 30 min	Walk 60 min
		HIIT Post-walk stretches		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	Wednesday	Thursday	Friday
Week 5 Dec 27	Foam Roll	Myrtls Dynamic Warm-ups	Myrtls Dynamic Warm-ups	Myrtls Dynamic Warm-ups	Myrtls Dynamic Warm-ups	Recover 30 min walk
		Walk 20 min at 80% race pace		DEC 31 WALK New Year's EVE 5K	Jan 1 WALK New Year's DAY 5K	Foam Roll
		Post-walk Stretches		Post-walk Stretches	Post-walk Stretches	
				OR	OR	
				Walk 20 min at 80% race pace	Recover Walk 30 min	
				Post-walk 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.

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

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

5) **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.

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

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

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