

Walk to 5k Plan

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	5 min brisk walk. 5 rounds of 30 sec jog, 1 min walk	Rest or cross-train	5 min brisk walk. 6 rounds of 30 sec jog, 1 min walk	Rest or cross-train	Rest	5 min brisk walk. 5 rounds of 30 sec jog, 1:30 min walk
Rest	5 min brisk walk. 10 rounds of 1 min jog, 1 min walk	Rest or cross-train	5 min brisk walk. 12 rounds of 1 min jog, 30 sec walk	Rest or cross-train	Rest	5 min brisk walk. 8 rounds of 1 min jog, 1 min walk
Rest	5 min brisk walk. 8 rounds of 2 min jog, 30 sec walk	Rest or cross-train	5 min brisk walk. 6 rounds of 3 min jog, 1 min walk	Rest or cross-train	Rest	5 min brisk walk. 6 rounds of 2 min jog, 1 min walk
Rest	5 min brisk walk. 6 rounds of 4 min jog, 1 min walk	Rest or cross-train	5 min brisk walk. 6 rounds of 4 min jog, 30 sec walk	Rest or cross-train	Rest	5 min brisk walk. 7 rounds of 3 min jog, 1 min walk
Rest	5 min brisk walk. 5 rounds of 2 min jog, 1 min walk	Rest or cross-train	5 min brisk walk. 6 rounds of 2 min jog, 1 min walk	Rest or cross-train	Rest	You're ready to race!

Weekly Quote
“You don’t have to go fast, you just have to go.”
“Your only competition is who you were yesterday.”
“Growth happens outside your comfort zone.”
“Confidence is built through repetition and resilience.”
“Let your stride tell the story of your strength.”