



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



5K WALKING TRAINING SCHEDULE



WEEK 1:

- DAY 1:** Walk 15 min and stretch
- DAY 2:** Strength and Stretch
- DAY 3:** Walk 15 min and stretch
- DAY 4:** Rest
- DAY 5:** Strength and Stretch
- DAY 6:** Walk 15 min and stretch
- DAY 7:** Rest

WEEK 2:

- DAY 1:** Walk 20 min and stretch
- DAY 2:** Strength and Stretch
- DAY 3:** Walk 20 min and stretch
- DAY 4:** Rest
- DAY 5:** Strength and Stretch
- DAY 6:** Walk 20 min and stretch
- DAY 7:** Rest

WEEK 3:

- DAY 1:** Walk easy 5 min, briskly 5 minutes-repeat 3 times and Stretch
- DAY 2:** Strength and Stretch
- DAY 3:** Walk easy 5 min, briskly 5 minutes-repeat 3 times and Stretch
- DAY 4:** Rest
- DAY 5:** Walk easy 5 min, briskly 5 minutes-repeat 3 times and Stretch
- DAY 6:** Walk 2 miles and stretch
- DAY 7:** Rest

WEEK 4:

- DAY 1:** Walk 30 min and stretch
- DAY 2:** Strength and Stretch
- DAY 3:** Walk easy 5 minutes, briskly 5 minutes-repeat 4 times and Stretch
- DAY 4:** Rest
- DAY 5:** Walk easy 5 minutes, briskly 5 minutes-repeat 4 times and Stretch
- DAY 6:** Walk 2.5 miles and stretch
- DAY 7:** Rest

WEEK 5:

- DAY 1:** Walk 40 min and stretch
- DAY 2:** Strength and Stretch
- DAY 3:** Walk easy 10 minutes, briskly 10 minutes-repeat 2 times and Stretch
- DAY 4:** Strength and Stretch
- DAY 5:** Walk easy 10 minutes, briskly 10 minutes-repeat 2 times and Stretch
- DAY 6:** Walk 2.75 miles and stretch
- DAY 7:** Rest

WEEK 6:

- DAY 1:** Walk 60 min and stretch
- DAY 2:** Rest
- DAY 3:** Walk 60 min and stretch
- DAY 4:** Rest
- DAY 5:** Walk 45 min and stretch
- DAY 6:** Walk easy 1 mile and stretch
- DAY 7:** 5K Race Day! Walk 3.1 miles