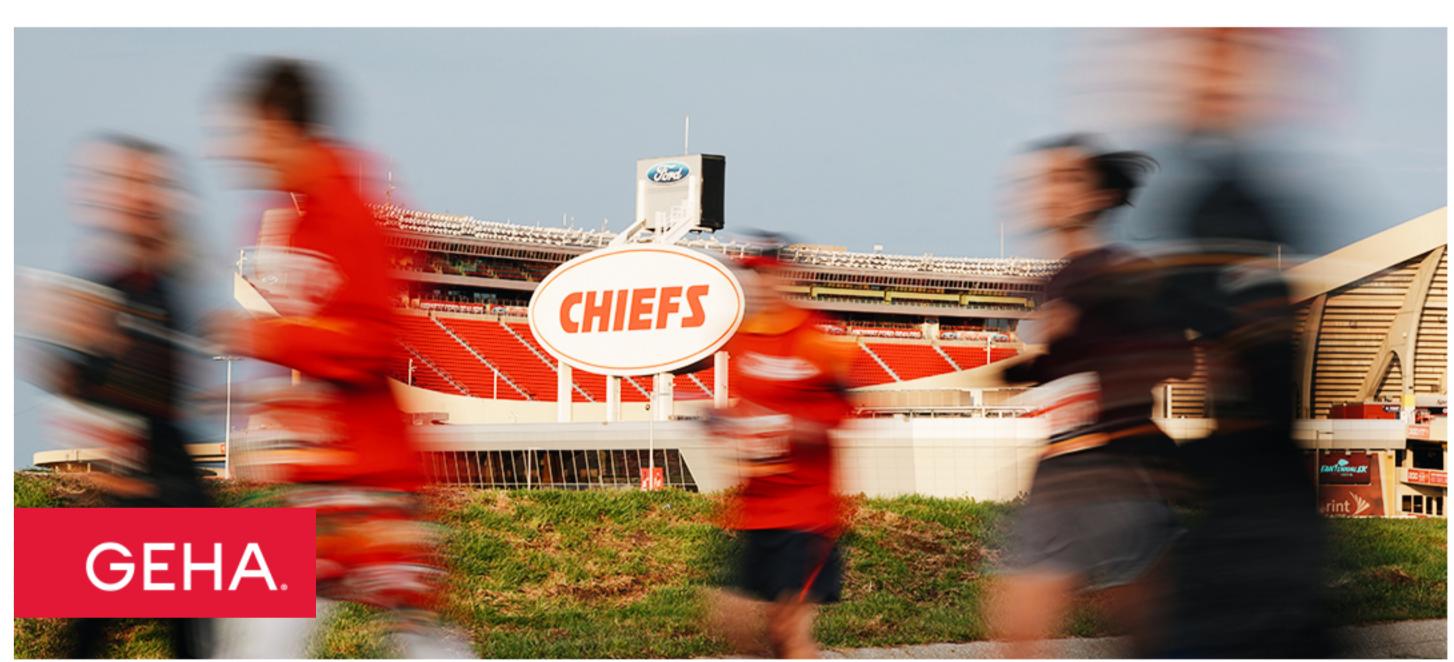


WELLNESS

PHYSICAL · MENTAL · SOCIAL



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

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

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