

# CHS LiveWELL 5K Training Walking Plan!



Program was created by running Coach Jenny Hadfield, [jennyhadfield.com](http://jennyhadfield.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk 20 min Stretch Well!	Cross-train*, 20-30 minutes [Optional]	Walk 15 min	Rest	Cross-train*, 20-30 minutes [Optional]	Walk 15 min	Rest
Week 2	Walk 20 min	Cross-train*, 20-30 minutes [Optional]	Walk 15 min	Rest	Cross-train*, 20-30 minutes [Optional]	Walk 20 min	Rest
Week 3	Walk 20 min	Cross-train*, 20-30 minutes [Optional]	Walk 20 min	Rest	Cross-train*, 20-30 minutes [Optional]	Walk 25 min	Rest
Week 4	Walk 25 min	Cross-train*, 20-30 minutes [Optional]	Walk 20 min	Cross-train*, 20-30 minutes [Optional]	Walk 20 min	Walk 30 min	Rest
Week 5	Walk 25 min	Cross-train*, 20-30 minutes [Optional]	Walk 20 min	Cross-train*, 20-30 minutes [Optional]	Walk 20 min	Walk 40 min	Rest
Week 6	Walk 30 min	Rest	Walk 30 min	Rest	Walk 20 min	Rest	5-K race (3.1 miles)

**\*Cross-training:** Include activities that are non-running or walking. If you are new to an active lifestyle and have been inactive, rest on the cross-training days for the first 4 weeks, and then add the cross-training workouts to the schedule for week 5. If you are active 3 or 4 days already, follow the schedule as it appears. Cycling, swimming, Pilates/yoga, strength training, elliptical training, stair climbing, and Spinning are great cross-training modes for 5-K training.

