

Walk 20 minutes 3 days for 2 weeks at an easy pace before week 1

ROTARY 5K TRAINING PROGRAM

Race: Friday, JULY 4th 2008

*Please consult your physician before beginning any exercise program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 m walk	30-60 min walk
2	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 m walk	35-60 min walk
3	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2 m walk	40-60 min walk
4	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 m walk	45-60 min walk
5	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.5 m walk	50-60 min walk
6	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 m walk	55-60 min
7	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 m walk	60 min walk
8	Rest or Walk	30 min walk	Rest or Walk	30 min walk	Rest	Rest	5K WALK