

Beginner – 5km Walk Programme

Wks to Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6Wks	20min 1.5k easy walk	Rest	30min 2.3k easy walk	20min 2.1k PW	Rest	40min 3k easy walk	Rest
5Wks	30min 1.5k easy walk	Rest	30min 3.2k easy walk	40min 3k easy walk	Rest	BT : 3k	45min 3.4k easy walk
4Wks	35min 3.3k walk	Rest	30min 3k: 5 x @ 1min walk / 1min PW	30min 2.3k easy walk	Rest	Rest	45min 3.4k easy walk
3Wks	40min 3.8k walk	Rest	30min 3k: 5 x @ 1min walk / 1min PW	40min 3k easy walk	35min 3.8k PW	BT : 5k	Rest
2Wks	40min 3.8k walk	Rest	40min 4k: 4 x @ 5min walk / 4min PW	Rest	40min 4k PW	Rest	45min 3.4k easy walk
Race Week!	45min 4.2k walk	Rest	30min 3.2k PW	40min 4k: 20min walk / 20min PW	Rest	Rest	Boys Beating Cancer 5k

We recommend you do a five minute warm up before your training session and finish with a five minute cool down at the end. If needed, carry a hand-held grip water bottle to drink while walking.

KEY:

PW (Power Walk):

A very brisk walk using arms to assist the rhythm. Incorporating arms involves upper body muscle and so burns more calories. Power walking is low impact exercise which makes it kinder on the hip, knee and back joints.

BT (Benchmark Test):

If you want to track your progress over your training we recommend you use benchmark sessions. On these days you should record your time which will allow you to track progress.