

5K WALKER

ROCKY RUN
OFFICIAL TRAINING PROGRAM
LEVEL 1 — 5K (3.10 MILES)

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	REST/WALK	20 MIN WALK	REST/WALK	20 MIN WALK	RECOVERY	1.75 MI WALK	35-65 MIN WALK
2	REST/WALK	20 MIN WALK	REST/WALK	20 MIN WALK	RECOVERY	2.0 MI WALK	40-65 MIN WALK
3	REST/WALK	25 MIN WALK	REST/WALK	25 MIN WALK	RECOVERY	2.25 MI WALK	45-65 MIN WALK
4	REST/WALK	25 MIN WALK	REST/WALK	25 MIN WALK	RECOVERY	2.5 MI WALK	50-65 MIN WALK
5	REST/WALK	30 MIN WALK	REST/WALK	30 MIN WALK	RECOVERY	2.75 MI WALK	55-65 MIN WALK
6	REST/WALK	30 MIN WALK	REST/WALK	30 MIN WALK	RECOVERY	3.0 MI WALK	60-65 MIN WALK
7	REST/WALK	35 MIN WALK	REST/WALK	35 MIN WALK	RECOVERY	3.25 MI WALK	65 MIN WALK
8	REST/WALK	35 MIN WALK	REST/WALK	35 MIN WALK	RECOVERY	ROCKYRUN	RECOVERY