

# 5K WALKER

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

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