



DASH YOUR WAY TO A 5K

////// BEGINNER WALKERS

SATURDAY, SEPTEMBER 26, 2015
WWW.PBRC.EDU/DOCDASH

Week

1

Day 1: _____
Duration: 30 min
Activity:
Warm up walk, 5 min
Walk for 15 continuous min
Cool-down, 5-10 min
Stretch

Day 2: _____
Duration: 30 min
Activity:
Warm up walk, 5 min
Walk for 1-mile
Cool-down, 5-10 min
Stretch

Day 3: _____
Duration: 55 min
Activity:
Warm up walk, 5 min
Walk for 1.5 miles
Cool-down, 5-10 min
Stretch

Week

5

Day 1: _____
Duration: 50 min
Activity:
Warm up walk, 5 min
Walk for 35 continuous minutes
Cool-down, 5-10 min
Stretch

Day 2: _____
Duration: 50 min
Activity:
Warm up walk, 5 min
Walk for 2.25 miles
Cool-down, 5-10 min
Stretch

Day 3: _____
Duration: 60 min
Activity:
Warm up walk, 5 min
Walk for 2.5 miles
Cool-down, 5-10 min
Stretch

Week

2

Day 1: _____
Duration: 35 min
Activity:
Warm up walk, 5 min
Walk for 20 continuous min
Cool-down, 5-10 min
Stretch

Day 2: _____
Duration: 35 min
Activity:
Warm up walk, 5 min
Walk for 1.5 miles
Cool-down, 5-10 min
Stretch

Day 3: _____
Duration: 40 min
Activity:
Warm up walk, 5 min
Walk for 1.75 miles
Cool-down, 5-10 min
Stretch

Week

6

Day 1: _____
Duration: 55 min
Activity:
Warm up walk, 5 min
Walk, 40 minutes (easy pace)
Cool down, 5-10 min
Stretch

Day 2: _____
Duration: 55 min
Activity:
Warm up walk, 5 min
Walk for 2.5 miles
Cool-down, 5-10 min
Stretch

Day 3: _____
Duration: 60 min
Activity:
Warm up walk, 5 min
Walk for 2.75 miles
Cool-down, 5-10 min
Stretch

Week

3

Day 1: _____
Duration: 40 min
Activity:
Warm up walk, 5 min
Walk for 1.75 miles
Cool-down, 5-10 min
Stretch

Day 2: _____
Duration: 40 min
Activity:
Warm up walk, 5 min
Walk for 1.75 miles
Cool-down, 5-10 min
Stretch

Day 3: _____
Duration: 45 min
Activity:
Warm up walk, 5 min
Walk for 2 miles
Cool-down, 5-10 min
Stretch

Week

7

Day 1: _____
Duration: 60 min
Activity:
Warm up walk, 5 min
Walk for 45 continuous min
Cool-down, 5-10 min
Stretch

Day 2: _____
Duration: 60 min
Activity:
Warm up walk, 5 min
Walk for 2.75 miles
Cool-down, 5-10 min
Stretch

Day 3: _____
Duration: 65 min
Activity:
Warm up walk, 5 min
Walk for 3 miles
Cool-down, 5-10 min
Stretch

Week

4

Day 1: _____
Duration: 45 min
Activity:
Warm up walk, 5 min
Walk for 30 continuous min
Cool-down, 5-10 min
Stretch

Day 2: _____
Duration: 45 min
Activity:
Warm up walk, 5 min
Walk for 2 miles
Cool-down, 5-10 min
Stretch

Day 3: _____
Duration: 50 min
Activity:
Warm up walk, 5 min
Walk for 2.25 miles
Cool-down, 5-10 min
Stretch

Week

8

Day 1: _____
Duration: 40 min
Activity:
Warm up walk, 5 min
Walk for 25 continuous minutes
Cool-down, 5-10 min
Stretch

Day 2: _____
Duration: 40 min
Activity:
Warm up walk, 5 min
Walk for 1.75 miles
Cool-down, 5-10 min
Stretch

Day 3:
Saturday, Sept 26th

Activity:
RACE DAY!
Walk 3.1 miles!