

## Ashby 5K Training Program for Walkers

3 Sessions per Week =  
Tempo, Interval, Long Run

	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
<b>Workout</b>	Tempo	Interval	Long
<b>Description</b>	Medium pace	Hard pace	Easy pace
		=Talking is not comfortable during fast part of Intervals. Between each Fast portion, walk more slowly for equal minutes (ex: 2 min fast then 2 min slow x 4 for Week 1)	
<b>Warm-up</b>	5-10 min slow walk before & after Tempo	10 min slow walk before & after Interval	None
<b>Cool-down</b>			
<b>Week 1</b> 4/29-5/3	10 min Tempo	4x2 min Intervals	20 min
<b>Week 2</b> 5/6-5/10	11 min Tempo	3x3 min Intervals	25 min
<b>Week 3</b> 5/13-5/17	12 min Tempo	3x3.5 min Intervals	30 min
<b>Week 4</b> 5/20-5/24	13 min Tempo	4x3 min Intervals	35 min
<b>Week 5</b> 5/27-5/31	14 min Tempo	3x4 min Intervals	40 min
<b>Week 6</b> 6/3-6/7	15 min Tempo	4x3.5 min Intervals	45min
<b>Week 7</b> 6/10-6/14	16 min Tempo	5x3 min Intervals	50 min
<b>Week 8</b> 6/17-6/21	17 min Tempo	5x3.5min Intervals	55 min
<b>Week 9</b> 6/24-28	18 min Tempo	4x4 min Intervals	60 min
<b>Week 10:</b> 7/1-7/5 <b>*Toughest Week*</b>	20 min Tempo	6x3 min Intervals	65 min
<b>Week 11:</b> 7/8-12	18 min Tempo	5x3.5 min Intervals	50 min
<b>Week 12:</b> 7/15-7/19 <b>Week of Race</b>	Easy 40 min (NOT a Tempo)	Easy 40 min	Walk/Stretch, get good sleep, avoid heavy meals