

**ALWAYS walk for a minimum of 5 minutes warmup / 5 minutes cool down.**

This schedule is based on a brisk walk/easy walk interval to start. Ex: "4x Brisk 1 min / Walk 2 min" = Briskly walk 1 minute, then walk for 2 at a more gentle pace and repeat 4 times.

**Always carry water with you.**

**Rest Days.** Rest is critical to your recovery and injury prevention.

**Cross Training** is anything that is active such as biking, hiking, swimming, etc., that is an aerobic activity.

**ALWAYS stretch after your workout.**

# TRAIN FOR A 5K

**NOTE:** This schedule is intended to help you train for the 5K distance by walking strong.

101 W. McKNIGHT WAY SUITE C | GRASS VALLEY | CALIFORNIA 95949 | 530.274.4422

**WALK**

## Barbara Schmidt Millar Triathlon WALK TRAINING SCHEDULE

| WEEK      | MONDAY | TUESDAY  | WEDNESDAY      | THURSDAY   | FRIDAY | SATURDAY   | SUNDAY                             |
|-----------|--------|--|----------------|--|--------|--|------------------------------------|
| 7/22/2019 | REST   | Warm up<br><b>4x Brisk 1 Min</b><br><b>Walk 2 Mins</b><br>Cool Down  | CROSS<br>TRAIN | Warm up<br><b>5x Brisk 1 Min</b><br><b>Walk 2 Mins</b><br>Cool Down  | REST   | Warm up<br><b>Walk Brisk</b><br><b>15 Minutes</b><br>Cool Down | REST                               |
| 7/29/2019 | REST   | Warm up<br><b>4x Brisk 2 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | CROSS<br>TRAIN | Warm up<br><b>5x Brisk 2 Min</b><br><b>Walk 2 Mins</b><br>Cool Down  | REST   | Warm up<br><b>Walk Brisk</b><br><b>20 Minutes</b><br>Cool Down | REST                               |
| 8/05/2019 | REST   | Warm up<br><b>3x Brisk 3 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | CROSS<br>TRAIN | Warm up<br><b>4x Brisk 3 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | REST   | Warm up<br><b>Walk Brisk</b><br><b>25 Minutes</b><br>Cool Down | REST                               |
| 8/12/2019 | REST   | Warm up<br><b>3x Brisk 4 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | CROSS<br>TRAIN | Warm up<br><b>3x Brisk 5 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | REST   | Warm up<br><b>Walk Brisk</b><br><b>30 Minutes</b><br>Cool Down | REST                               |
| 8/19/2019 | REST   | Warm up<br><b>2x Brisk 6 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | CROSS<br>TRAIN | Warm up<br><b>3x Brisk 6 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | REST   | Warm up<br><b>Walk Brisk</b><br><b>35 Minutes</b><br>Cool Down | REST                               |
| 8/26/2019 | REST   | Warm up<br><b>2x Brisk 8 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | CROSS<br>TRAIN | Warm up<br><b>3x Brisk 8 Mins</b><br><b>Walk 2 Mins</b><br>Cool Down | REST   | Warm up<br><b>Walk Brisk</b><br><b>40 Minutes</b><br>Cool Down | REST                               |
| 9/02/2019 | REST   | Warm up<br><b>2x Brisk 10 Mins</b><br><b>Walk 1 Min</b><br>Cool Down | CROSS<br>TRAIN | Warm up<br><b>3x Brisk 10 Mins</b><br><b>Walk 1 Min</b><br>Cool Down | REST   | Warm up<br><b>Walk Brisk</b><br><b>45 Minutes</b><br>Cool Down | REST                               |
| 9/09/2019 | REST   | Warm up<br><b>Brisk 25 Minutes</b><br>Cool Down                      | REST           | Warm up<br><b>Brisk 20 Minutes</b><br>Cool Down                      | REST   | REST   | <b>09/15/19</b><br><b>RACE DAY</b> |