

Get Fit and Stay Fit!

5-Week Walk/Run Training Schedule

W = Walk J = Jog
(Example: 20 min. - W3/J2:
Alternate walking 3 minutes and
jogging 2 minutes for 20 minutes)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest	30 min. W3/J1	30 min. W3/J1	30 min. W3/J1	25 min. W3/J1	Rest	30 min. W3/J1
Week 2	Rest	20 min. W3/J2	30 min. W3/J2	25 min. W3/J2	20 min. W3/J2	Rest	40 min. W3/J2
Week 3	Rest	25 min. W3/J3	30 min. W3/J3	35 min. W3/J3	25 min. W3/J3	Rest	45 min. W3/J3
Week 4	Rest	30 min. W2/J3	35 min. W2/J3	30 min. W2/J3	40 min. W2/J3	Rest	50 min. W2/J3
Week 5	Rest	25 min. W1/J3	40 min. W1/J3	30 min. W1/J3	25 min. W1/J3	Rest	60 min. W1/J3

This walk/run training schedule is provided for your consideration only. It is not intended to replace the medical advice of your doctor or health care provider. Please consult your doctor or health care provider for advice about your specific health and fitness needs. A medical clearance is recommended before beginning an exercise program.