

### 8-Week 5K Training Program - Walkers

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7-Aug	20 min stretch	15 min walk	20 min stretch	15 min walk	20 min stretch	1.5 mi walk	30-60 min walk
14-Aug	20 min stretch	15 min walk	20 min stretch	15 min walk	20 min stretch	1.75 mi walk	35-60 min walk
21-Aug	20 min stretch	20 min walk	20 min stretch	20 min walk	20 min stretch	2 mi walk	40-60 min walk
28-Aug	20 min stretch	20 min walk	20 min stretch	20 min walk	20 min stretch	2.25 mi walk	45-60 min walk
4-Sep	20 min stretch	25 min walk	20 min stretch	25 min walk	20 min stretch	2.5 mi walk	50-60 min walk
11-Sep	20 min stretch	25 min walk	20 min stretch	25 min walk	20 min stretch	2.75 mi walk	55-60 min walk
18-Sep	20 min stretch	30 min walk	20 min stretch	30 min walk	20 min stretch	3 mi walk	60 min walk
25-Sep	20 min stretch	30 min walk	20 min stretch	30 min walk	20 min stretch	<b>Desi Dash 5K</b>	

Ref: <https://www.halhigdon.com/training-programs/5k-training/walkers-5k/>