

MAY THE COURSE

BE WITH YOU

5K



HAL HIGDEN'S 5K TRAINING: WALKERS

For more information: halhigdon.com/training/5k-training

The following eight-week training program will prove useful for you as you train to **WALK** the 2nd Annual **May the Course Be With You 5K!**

	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest or Walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 mi walk	30-60 min walk
2	Rest or Walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 mi walk	35-60 min walk
3	Rest or Walk	20 min walk	Rest or walk	20 min walk	Rest	2 mile walk	40-60 min walk
4	Rest or Walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 mi. walk	45-60 min walk
5	Rest or Walk	25 min walk	Rest or walk	25 min walk	Rest	2.5 mile walk	50-60 min walk
6	Rest or Walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 mi. walk	55-60 min walk
7	Rest or Walk	30 min walk	Rest or walk	30 min walk	Rest	3 mile walk	60 min walk
8	Rest or Walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	5K RACE