

**Training for
End-to-End 5k
Fun Walk**

Week 1

3x 15 minute walks

Week 2

3 x 20 minutes walks

Week 3

3 x 25 minute walks

Week 4

3 x 30 minute walks

Week 5

2 x 30 minute walks

1 x 35 minute walk

*3 mile training total for 5
weeks -365 minutes!*

Week 6

2 x 30 minute walks

1 x 40 minute walk

Week 7

2 x 30 minute walks

1 x 50 minute walk

Week 8

2 x 30 minute walks

1 x 50 minute walk

Week 9

2 x 30 minute walks

1 x 45 minute walk

Week 10

3 x 30 minute walks

3 mile fun walk training
total: 870 minutes