

BEGINNERS' 5 KM WALKING PROGRAMME



Do you want to increase your fitness levels but are nervous because you're unfit? This programme will gently guide you so that you're able to walk 5 km comfortably.

GENERAL INSTRUCTIONS

- Start with a 5 – 10 minute easy walk to warm up before every session, and end with a 5 – 10 minute easy walk to cool down
- After cooling down, do some stretching
- Always get medical clearance before starting with any exercise programme.

DEFINITIONS AND GUIDELINES

Cross training: makes your training more balanced

Easy walk: comfortable pace, where conversation with a walking partner is easy

Moderate walk: moderate pace where conversation might leave you slightly out of breath

Rest: a vital part of any training programme when your muscles increase in strength

Strength training: not essential but has tremendous benefits, both for your walking fitness and health

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THE PROGRAMME

WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
20 minutes strength training and cross training	20 minutes easy walking	REST	Three alternating sets of 5 minutes moderate, 2 minutes easy walking	20 minutes strength training	20 minutes moderate walking	REST








WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
20 minutes strength training and cross training	25 minutes easy walking	REST	Three sets of 5 minutes moderate, 2 minutes easy walking	20 minutes strength training	25 minutes moderate walking	REST

WEEK 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
30 minutes strength training and cross training	3 km easy walking	REST	Four sets of 5 minutes moderate, 2 minutes easy walking	25 - 30 minutes strength training	30 minutes moderate walking	REST

WEEK 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
30 minutes strength training and cross training	3.5 km easy walking	REST	Four sets of 5 minutes moderate, 2 minutes easy walking	25 – 30 minutes strength training	35 minutes moderate walking	REST

WEEK 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
30 minutes strength training and cross training	4.5 km easy walking with hills	REST	Five sets of 5 minutes moderate, 2 minutes easy walking	30 minutes strength training	40 minutes moderate walking	REST

WEEK 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
20 minutes strength training and cross training	4 km moderate walking	REST	3 km easy walking	REST	15 minutes easy walking	RACE 5 km

