

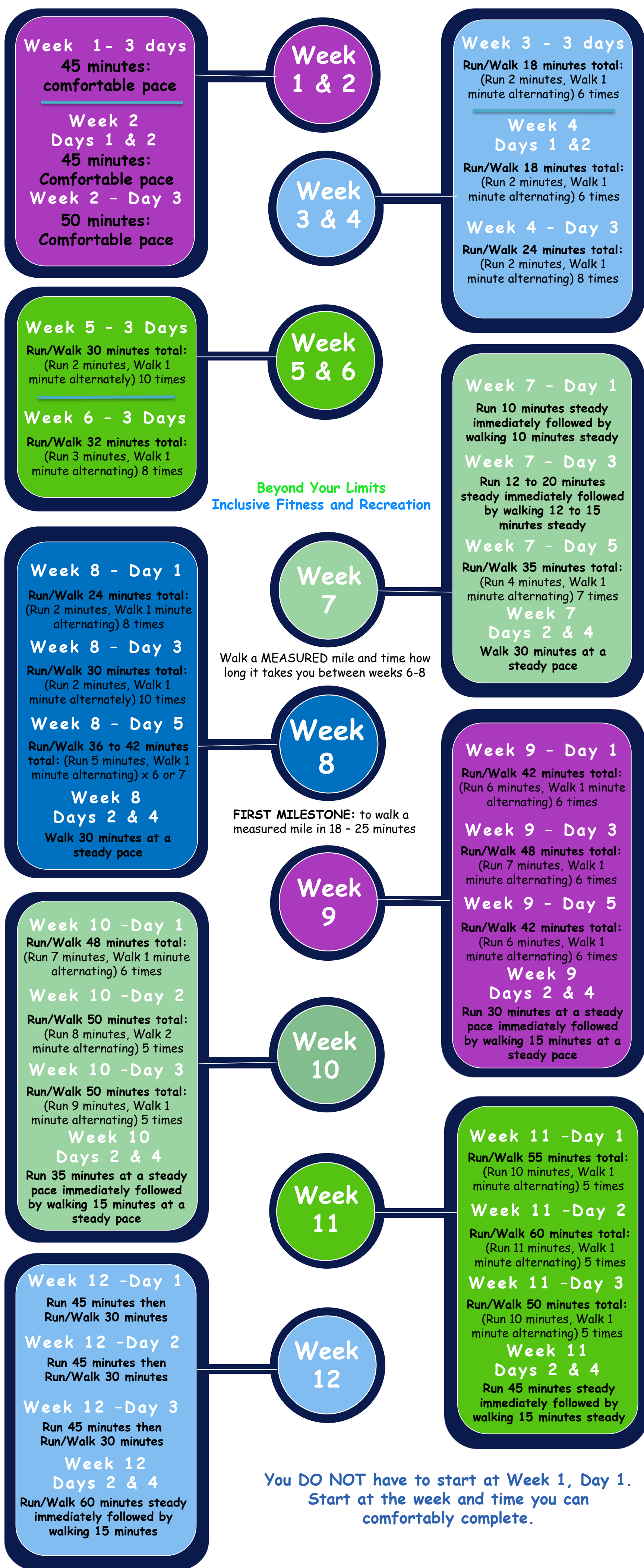
# 5K ROADRUNNER RACER TRAINING SCHEDULE

This schedule is for beginner walkers who are without significant health concerns but do not regularly engage in fitness walking.



## Training Goals:

- You will begin to increase the time walking before working on speed or distance. Start walking 3 days and increase to 5 days a week.
- The end goal of this training is to run a 5k at a 2-3 mph pace or better (60-90 minutes for the 5K).



You DO NOT have to start at Week 1, Day 1. Start at the week and time you can comfortably complete.

- PRE-REQUISITES:** Be able to comfortably walk for 45 minutes. If you are brand new to fitness walking, it may be easier to start walking 2x a day until you build up to 20 minutes/walk. Check out the WALKING WARRIOR Training schedule to build up to 45 minutes.
- If you have a health condition, seek medical advice before starting.
- Start at a pace that is comfortable for you then increase to a brisk walk - (breathing hard BUT not breathless AND able to still carry on a conversation).

**Disclaimer:** Beyond Your Limits Inclusive Fitness and Recreation strongly recommends that you consult with your physician before beginning in any exercise program. You should understand that when participating in any recreational or exercise program, there is the possibility of physical injury. If you enroll in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge BYLFitandRec.org from any and all claims or causes of action, known or unknown, arising out of BYLFitandRec.org's training program.