

Prevention VIRTUAL WALK TRAINING PLAN



BY KOYA WEBB



This six-week training program is designed for beginners who want to walk a 5K without stopping. Be gentle with yourself. If you have a health condition, seek medical advice before starting an exercise program.

WHEN YOU COMPLETE THIS TRAINING, YOU'LL:

- ▶ Be able to walk a 5K walk (3.1 miles) in one hour or less.
- ▶ Improve your walking posture and form.
- ▶ Finish a 5K walk feeling energized rather than exhausted.

WEEK 1

* GETTING STARTED

Weekly total goal:
60 to 75 MINUTES

- Start with 15-minute walks at an easy pace.
- Walk four to five days.

TIP: Spread out your rest days, such as making day three a rest day and day six a rest day. You are building a habit, so consistency is important.

WEEK 4

* BUILD YOUR MILEAGE

Weekly total goal:
160 MINUTES

- Add five minutes a day to walk 30 minutes, four days a week, at a moderate pace.
- Make your fifth day a mileage-building day; walk 40 minutes at an easy pace.

TIP: To carry water, try a waist pack with a water holster; carrying a bottle can lead to muscle strain.

WEEK 2

* FOCUSING ON POSTURE AND FORM

Weekly total goal:
100 MINUTES

- Add five minutes a day so you are walking 20 minutes, five days a week.

TIP: Use your walks this week to concentrate on developing good walking posture and technique. Lengthen your spine and relax your shoulders down and back.

WEEK 5

* INCREASE YOUR SPEED

Weekly total goal:
165 MINUTES

- Walk 30 minutes a day, four days a week.
- Walk 45 minutes at an easy pace on your fifth day.

TIP: If you have not been bending your arms, this can be the key to increasing speed.

WEEK 3

* INCREASE YOUR PACE

Weekly total goal:
125 MINUTES

- Add five minutes a day so you are walking 25 minutes, 5 days a week.
- Walk at a moderate pace. Slow down if you feel out of breath.

TIP: Your heel should make contact with the ground first to help absorb the impact and minimize stress on your joints.

WEEK 6

* INCREASE YOUR PACE

Weekly total goal:
180 MINUTES

- Walk a total of five days this week, including the Virtual Walk day.
- Three days before the Virtual Walk, walk the entire 5K. Two days before, walk two miles; the day before, walk one mile.

TIP: Be sure to stretch and give yourself a massage so your muscles stay loose.
[Enjoy your walk!](#)