

## Walking Training Plan For Beginners

### Up To 5 miles

This training plan is suitable for beginners, designed to build you up to walking for 70-90 minutes, which will equate to roughly 4 miles. Then you can gradually increase the time of your longest training session until you are able to walk up to the full 5 miles.

| Week | Monday | Tuesday                   | Wednesday                   | Thursday                    | Friday                      | Saturday                    | Sunday                      |
|------|--------|---------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 1    | Rest   | Walk 15 mins<br>slow pace | Walk 15 mins<br>medium pace | Walk 20 mins<br>slow pace   | Walk 20 mins<br>slow pace   | Walk 15 mins<br>slow pace   | Walk 30 mins<br>slow pace   |
| 2    | Rest   | Walk 10 mins<br>fast pace | Walk 15 mins<br>medium pace | Walk 20 mins<br>slow pace   | Walk 20 mins<br>slow pace   | Walk 10 mins<br>fast pace   | Walk 30 mins<br>slow pace   |
| 3    | Rest   | Walk 15 mins<br>fast pace | Walk 20 mins<br>slow pace   | Walk 15 mins<br>medium pace | Walk 15 mins<br>fast pace   | Walk 20 mins<br>medium pace | Walk 45 mins<br>medium pace |
| 4    | Rest   | Walk 15 mins<br>fast pace | Walk 20 mins<br>medium pace | Walk 20 mins<br>medium pace | Walk 15 mins<br>fast pace   | Walk 20 mins<br>medium pace | Walk 60 mins<br>medium pace |
| 5    | Rest   | Walk 20 mins<br>fast pace | Walk 20 mins<br>medium pace | Walk 20 mins<br>medium pace | Walk 15 mins<br>fast pace   | Walk 20 mins<br>medium pace | Walk 75 mins<br>medium      |
| 6    | Rest   | Walk 25 mins<br>fast pace | Walk 20 mins<br>medium pace | Walk 20 mins<br>fast pace   | Walk 25 mins<br>medium pace | Walk 20 mins<br>medium pace | Walk 90 mins<br>medium      |