



# 5KM WALKING PLAN

**SEPTEMBER**

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>WEEK 1</b>	10MIN WALK	REST	10MINS WALK	REST	15MINS WALK	REST	2KM WALK
<b>WEEK 2</b>	15MIN WALK	REST	15MIN WALK	REST	15MIN WALK	REST	3KM WALK
<b>WEEK 3</b>	20MIN WALK	REST	20MIN WALK	REST	20MIN WALK	REST	3.5KM WALK
<b>WEEK 4</b>	30MIN WALK	REST	30MIN WALK	REST	30MIN WALK	REST	4KM WALK



# 5KM WALKING PLAN

**NOVEMBER**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

**WEEK 5**

**40MIN WALK**

**REST**

**50MIN WALK**

**REST**

**40MIN WALK**

**REST**

**4.5KM WALK**

**WEEK 6**

**40MIN WALK**

**REST**

**30MIN WALK**

**REST**

**REST**

**5KM  
WALK**

