



Run for a Just Oakland :: March 24 2012
5K Training Program for Walkers

wk	sun	mon	tues	wed	thurs	fri	sat
1	29 jan 25-60min walk	30 rest or walk	30 15min walk	1 feb rest or walk	2 15min walk	3 rest	4 1.5mile walk
2	5 30-60min walk	6 rest or walk	7 15min walk	8 rest or walk	9 15min walk	10 rest	11 1.75mi walk
3	12 35-60min walk	13 rest or walk	14 20min walk	15 rest or walk	16 20min walk	17 rest	18 2mile walk
4	19 40-60min walk	20 rest or walk	21 20min walk	22 rest or walk	23 20min walk	24 rest	25 2.25mi walk
5	26 45-60min walk	27 rest or walk	28 25min walk	29 rest or walk	1 march 25min walk	2 rest	3 2.5mile walk
6	4 50-60min walk	5 rest or walk	6 25min walk	7 rest or walk	8 25min walk	9 rest	10 2.75mi walk
7	11 55-60min walk	12 rest or walk	13 30min walk	14 rest or walk	15 30min walk	16 rest	17 3mile walk
8	18 60min walk	19 rest or walk	20 30min walk	21 rest or walk	22 30min walk	23 rest	24 5K WALK