

TWELVE-WEEK 5K WALKATHON TRAINING PROGRAM

The first step in training for an endurance event such as a walkathon is to establish a fitness base with regular, fairly low-intensity workouts. Once you have established your base, you can increase your strength, stamina, and speed by including some higher-intensity workouts in your weekly training.

GENERAL CONDITIONING

WEEK	DURATION OF WALKS	SESSIONS PER WEEK	INTENSITY	PERCEIVED EXERTION (ON A 10-POINT SCALE)
1	10 minutes	5	40%	Light (4)
2	10 minutes, 2 times a day	5	40%	Light (4)
3	10 minutes, 3 times a day	6	40%	Light (4)
4	20 minutes	5	50%	Fair (5)
5	25 minutes	6	50%	Fair (5)
6	30 minutes	6	50%	Fair (5)

WALKATHON-SPECIFIC CONDITIONING

WEEK	DAY(S)	DURATION	INTENSITY	PERCEIVED EXERTION (ON A 10-POINT SCALE)	
7	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)	
		Tuesday	10 minutes	50%	Fair (5)
		10 minutes	60%	Somewhat Hard (6)	
	Saturday	10 minutes	50%	Fair/Light (5-4)	
		10 minutes	50%	Fair (5)	
		15 minutes	60%	Somewhat Hard (6)	
		5 minutes	50%	Fair/Light (5-4)	
8	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)	
		Tuesday	5 minutes	50%	Fair (5)
		10 minutes	60%	Somewhat Hard (6)	
	Saturday	5 minutes	70%	Vigorous (7)	
		10 minutes	50%	Fair/Light (5-4)	
		10 minutes	50%	Fair (5)	
		20 minutes	60%	Somewhat Hard (6)	
		10 minutes	50%	Fair/Light (5-4)	

WALKATHON-SPECIFIC CONDITIONING (CONTINUED)

WEEK	DAY(S)	DURATION	INTENSITY	PERCEIVED EXERTION (ON A 10-POINT SCALE)
9	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)
		Tuesday	5 minutes	50%
		10 minutes	60%	Somewhat Hard (6)
		10 minutes	70%	Vigorous (7)
		5 minutes	50%	Fair/Light (5–4)
	Saturday	5 minutes	50%	Fair (5)
		30 minutes	60%	Somewhat Hard (6)
5 minutes		50%	Fair/Light (5–4)	
10	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)
		Tuesday	5 minutes	50%
		5 minutes	60%	Somewhat Hard (6)
		15 minutes	70%	Vigorous (7)
		5 minutes	50%	Fair (5)
	Saturday	5 minutes	50%	Fair (5)
		35 minutes	60%	Somewhat Hard (6)
5 minutes		50%	Fair/Light (5–4)	
11	Monday, Wednesday, Thursday, Friday	30 minutes	50%	Fair (5)
		Tuesday	5 minutes	50%
		5 minutes	60%	Somewhat Hard (6)
		20 minutes	70%	Vigorous (7)
		5 minutes	50%	Fair/Light (5–4)
	Saturday	5 minutes	50%	Fair (5)
		40 minutes	60%	Somewhat Hard (6)
5 minutes		50%	Fair/Light (5–4)	
12	Monday, Thursday	30 minutes	50%	Fair (5)
	Tuesday	5 minutes	50%	Fair (5)
		5 minutes	60%	Somewhat Hard (6)
		25 minutes	70%	Vigorous (7)
		5 minutes	50%	Fair/Light (5–4)
	Wednesday, Friday	15 minutes	50%	Fair (5)

On walkathon day, warm up for 5 to 10 minutes at a fair pace then stretch your major muscle groups. Walk the 5K at about 60% to 70% intensity. Cool down afterward at a light pace for 5 minutes. If you collected pledges for the walkathon, remember to let your supporters know you finished, and remember, too, to reward yourself for your accomplishment. Then set a new fitness goal to keep you going and motivated.

