

# WALKING GUIDE

## WALK YOUR WAY TO A 5K

### Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input checked="" type="checkbox"/> 10 min	<input type="checkbox"/> 10 min	<input type="checkbox"/> rest	<input type="checkbox"/> 12 min	<input type="checkbox"/> 12 min	<input type="checkbox"/> rest	<input type="checkbox"/> 15 min

### Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> 15 min	<input type="checkbox"/> 18 min	<input type="checkbox"/> rest	<input type="checkbox"/> 18 min	<input type="checkbox"/> 20 min	<input type="checkbox"/> rest	<input type="checkbox"/> 20 min

### Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> 22 min	<input type="checkbox"/> 22 min	<input type="checkbox"/> rest	<input type="checkbox"/> 24 min	<input type="checkbox"/> 24 min	<input type="checkbox"/> rest	<input type="checkbox"/> 26 min

### Week 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> 26 min	<input type="checkbox"/> 28 min	<input type="checkbox"/> rest	<input type="checkbox"/> 28 min	<input type="checkbox"/> 30 min	<input type="checkbox"/> rest	<input type="checkbox"/> 30 min

### Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> 35 min	<input type="checkbox"/> 35 min	<input type="checkbox"/> rest	<input type="checkbox"/> 35 min	<input type="checkbox"/> 40 min	<input type="checkbox"/> rest	<input type="checkbox"/> 40 min

### Week 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> 40 min	<input type="checkbox"/> 45 min	<input type="checkbox"/> rest	<input type="checkbox"/> 45 min	<input type="checkbox"/> 45 min	<input type="checkbox"/> rest	<input type="checkbox"/> Walk a 5K

**Remember:** Be safe and be smart with any new exercise plan. Keep the following guidelines in mind: check in with your doctor before starting an activity plan, warm up before you begin any exercise session, keep a check on your intensity level and cool down afterwards. Be sure to read GET UP & GO starting on page 72 of the *Getting Started* book.