

FROM COUCH TO 5K WALK!

BROOKS
RUN HAPPY

WEEK 1

MONDAY

LIGHT WALK



20 MINUTE LIGHT WALK

TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

WALK



15 MINUTE WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

WALK/SPEED WALK



5 MINUTE WALK
30 SECOND SPEED WALK

WEEK 2

MONDAY

WALK



30 MINUTE WALK

TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

WALK/SPEED WALK



5 MINUTE WALK
1 MINUTE SPEED WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

LIGHT WALK



45 MINUTE LIGHT WALK

WEEK 3

MONDAY

WALK/SPEED WALK



10 MINUTE WALK
2 MINUTE SPEED WALK

TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

WALK



50 MINUTE WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

WALK/SPEED WALK



10 MINUTE WALK
2 MINUTE SPEED WALK

WEEK 4

MONDAY

WALK



50 MINUTE WALK

TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/
STRETCH



THURSDAY

WALK/SPEED WALK



10 MINUTE WALK
2 MINUTE SPEED WALK

FRIDAY

STRETCH



SATURDAY

OFF/
RECOVERY WALK



SUNDAY

★ ★ ★
5K
RACE DAY!

*Please use this training plan as a guide only. Listen to your body and go at your own pace.