

Women's 5K Walk/Run

12 week training schedule

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BALANCE
FOOT STUDIO

Overview

Length: 12 weeks

Start by making sure you can comfortably walk for 30 minutes. Over the 12 weeks you will then building up to 30 minutes of running. We suggest training 3x per week. This program was developed in 2011 by Budd Coates.

- Begin this program only if you are feeling well. Especially if you've had Covid19 and are recovering. Consult with your Doctor if you have any concerns or health issues.
- Train 3 times per week. For example: Tuesday, Thursday and Sunday. Rest days are essential for recovery especially if starting from scratch.
- At the beginning of the 12 weeks ensure you can walk for 30 minutes straight before attempting to run. Otherwise you risk injuring yourself.
- Consider any current or past injuries and accommodate for them accordingly.
- Check your shoes - do they still fit? Are they old and worn? Is the grip ok?
- Try to have a training partner if possible. They will motivate you to get out the door and hold you accountable!
- Consistency is key - follow the training program to safely build your fitness gradually over time.
- Listen to your body. Progress at your own pace - this is a guide.
- Slowly, slowly! Run slowly at first. Your muscles will need to get stronger and your lungs will develop more power.

Week 1	Build up to 30 minutes of nonstop walking.
Week 2	Walk for 4 minutes. Run for 1 minute.
	Repeat that sequence four more times. End with 4 minutes of walking.
	Total workout time: 29 minutes, 5 of which are running.
Week 3	Walk for 4 minutes. Run for 2 minutes.
	Repeat that sequence four more times. End with 3 minutes of walking.
	Total workout time: 33 minutes, 10 of which are running.
Week 4	Walk for 3 minutes. Run for 3 minutes.
	Repeat that sequence four more times. End with 3 minutes of walking.
	Total workout time: 33 minutes, 15 of which are running.
Week 5	Walk for 2 minutes 30 seconds. Run for 5 minutes.
	Repeat that sequence three more times. End with 3 minutes of walking.
	Total workout time: 33 minutes, 20 of which are running.
Week 6	Walk for 3 minutes. Run for 7 minutes.
	Repeat that sequence two more times. End with 3 minutes of walking.
	Total workout time: 33 minutes, 21 of which are running.
Week 7	Walk for 2 minutes. Run for 8 minutes.
	Repeat that sequence two more times. End with 3 minutes of walking.
	Total workout time: 33 minutes, 24 of which are running.
Week 8	Walk for 2 minutes. Run for 9 minutes.
	Repeat that sequence one more time. Then walk for 2 minutes, run for 8 minutes.
	End with 3 minutes of walking.
	Total workout time: 35 minutes, 26 of which are running.
Week 9	Walk for 1 minute. Run for 9 minutes.
	Repeat that sequence two more times. End with 3 minutes of walking.
	Total workout time: 33 minutes, 27 of which are running.
Week 10	Walk for 2 minutes. Run for 13 minutes.
	Repeat that sequence one more time. End with 3 minutes of walking.
	Total workout time: 33 minutes, 26 of which are running.
Week 11	Walk for 2 minutes. Run for 14 minutes.
	Then walk for 1 minute, run for 14 minutes. End with 3 minutes of walking.
	Total workout time: 34 minutes, 28 of which are running.
Week 12	Walk for 3 minutes (or until you're good and ready).
	Then run for 30 minutes nonstop. End with 3 minutes of walking.
	Total workout time: 36 minutes, 30 of which are running.

Remember, at the end of the day the aim is to raise much needed funds for Cancer Council Tasmania, just do your best and enjoy!

