

FALL UNIFIED 5K TRAINING PLAN

(SPEED WALKING & ROLLING)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 8/30 - 9/5	15 minute warm-up walk/roll, 3x 1 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =31 minutes	10 minute walk/roll, Strength Circuit 1, Stretch Circuit 1	15 minute warm-up walk/roll , 3x 2 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =34 minutes	10 minute walk/roll, Strength Circuit 2, Stretch Circuit 2	15 minute warm-up walk/roll, 3x 1 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =31 minutes	OFF DAY	15 minute warm-up walk/roll, 5 minute speed walk/roll, 10 minute cool-down walk/roll = 30 minutes
WEEK 2 9/6 - 9/12	15 minute warm-up walk/roll, 3x 2 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =34 minutes	10 minute walk/roll, Strength Circuit 1, Stretch Circuit 1	15 minute warm-up walk/roll , 3x 3 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =37 minutes	10 minute walk/roll, Strength Circuit 2, Stretch Circuit 2	15 minute warm-up walk/roll, 3x 2 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =34 minutes	OFF DAY	15 minute warm-up walk/roll, 10 minute speed walk/roll, 10 minute cool-down walk/roll = 35 minutes
WEEK 3 9/13 - 9/19	15 minute warm-up walk/roll, 3x 3 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =37 minutes	10 minute walk/roll, Strength Circuit 1, Stretch Circuit 1	15 minute warm-up walk/roll , 3x 4 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =40 minutes	10 minute walk/roll, Strength Circuit 2, Stretch Circuit 2	15 minute warm-up walk/roll, 3x 3 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =37 minutes	OFF DAY	15 minute warm-up walk/roll, 15 minute speed walk/roll, 10 minute cool-down walk/roll = 40 minutes
WEEK 4 9/20 - 9/26	10 minute warm-up walk/roll, 3x 4 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =35 minutes	10 minute walk/roll, Strength Circuit 1, Stretch Circuit 1	10 minute warm-up walk/roll , 3x 5 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =38 minutes	10 minute walk/roll, Strength Circuit 2, Stretch Circuit 2	10 minute warm-up walk/roll, 3x 4 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =35 minutes	OFF DAY	10 minute warm-up walk/roll, 20 minute speed walk/roll, 10 minute cool-down walk/roll = 40 minutes

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5 9/27 - 10/3	10 minute warm-up walk/roll, 3x 5 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =38 minutes	10 minute walk/roll, Strength Circuit 1, Stretch Circuit 1	10 minute warm-up walk/roll , 3x 6 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =41 minutes	10 minute walk/roll, Strength Circuit 2, Stretch Circuit 2	10 minute warm-up walk/roll, 3x 5 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =38 minutes	OFF DAY	10 minute warm-up walk/roll, 25 minute speed walk/roll, 10 minute cool-down walk/roll = 45 minutes
WEEK 6 10/4 - 10/10	10 minute warm-up walk/roll, 3x 6 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =41 minutes	10 minute walk/roll, Strength Circuit 1, Stretch Circuit 1	10 minute warm-up walk/roll , 3x 7 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =44 minutes	10 minute walk/roll, Strength Circuit 2, Stretch Circuit 2	10 minute warm-up walk/roll, 3x 6 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =41 minutes	OFF DAY	10 minute warm-up walk/roll, 2x 15 minute speed walk/roll, 10 minute cool-down walk/roll = 50 minutes
WEEK 7 10/11 - 10/17	10 minute warm-up walk/roll, 3x 7 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =44 minutes	10 minute walk/roll, Strength Circuit 1, Stretch Circuit 1	10 minute warm-up walk/roll , 2x 8 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =39 minutes	10 minute walk/roll, Stretch Circuit 2	15 minute warm-up walk/roll, 1x 7 minute speed walk/roll & 1 minute walk/roll, 10 minute cool-down walk/roll =33 minutess	OFF DAY	5K Race Day!