

Seven-Week Training Program for CWC Race

Here is a flexible program to prepare for our annual club 5K race, or any other 5K race. It calls for training five days per week; three days of easy walks; one long walk; and one day of fast walking. Mileage gradually increases during the first three weeks and tapers off in the last two weeks.

Start seven weeks before the race and pick which days to do each type of walk. If you prefer four days a week instead of five, eliminate one of the easy 3 mile days and still do a long walk and a fast walk each week.

Join us for both our 8:00 and 9:00 am Saturday sessions and you could get in 6-1/2 to 7 miles, and perhaps some fast interval training.

Week	
1	On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 4 miles (or walk for one hour) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or walk for 25 minutes) at race pace.
2	On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 5 miles (or walk for an hour and 15 minutes) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or walk for 25 minutes) at race pace.
3	On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 6 miles (or walk for an hour and a half) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or walk for 25 minutes) at race pace.
4	On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 6 miles (or walk for an hour and a half) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or walk for 25 minutes) at race pace.
5	On three days walk 3 miles (or walk for 45 minutes) at an easy pace. On your long day, walk 6 miles (or walk for an hour and a half) keeping your usual pace. For your fast day, do a one mile (or 10- to 15-minute) warm-up, and then walk two miles (or walk for 25 minutes) at race pace.
6	Replace long walk with another easy 3-mile walk. For fast day, do a one mile (or 10- to 15-minute) warm-up and then do three fast half-mile (or six-minute) intervals, resting 6 minutes between each interval.
7	On days 1, 2 and 4 do easy 3-mile walks and rest on days 3 and 5. On the day before the race, do an easy mile and a half or two miles with two or three one-minute sprints interspersed.