

Congratulations on setting yourself the goal of building up to achieving a 5km Walk!

**5km Training Guide (provided by the National Heart Foundation)**

Day	Duration
Monday	20min
Tuesday	Rest
Wednesday	30min
Thursday	Rest
Friday	20min
Saturday	40min
Sunday	Rest

To make sure you are ready for the 5km walk

- achieve at least a 40 minute walking session comfortably
- try to complete three-four weeks of the weekly plan illustrated above

If you are not currently exercising at all, don't attempt the weekly plan straight away. Start small with 10-15 minute walking sessions four times each week and slowly increase the workouts by adding 5 minutes each week.

Walk or run at a pace that you would be able to talk comfortably

Always make your sessions longer before you make them harder

Use your time and walk to the grocery store; walk with the friend you wanted to chat with on the phone; walk to work, make the most of stairs during the day etc...