

# 5.5km Walk Training Program

This is a 16 week program with week 1 being the event week.

Week 4		Week 3		Week 2		Week 1	
Monday		Monday		Monday		Monday	
Tuesday	40min power walk	Tuesday	40min power walk	Tuesday	40min power walk	Tuesday	40min power walk
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	40min power walk	Thursday	50min power walk	Thursday	50min power walk	Thursday	40min easy walk
Friday		Friday		Friday		Friday	
Saturday	50min moderate walk	Saturday	60min moderate walk	Saturday	60min moderate walk	Saturday	20min easy walk
Sunday	30min moderate walk	Sunday	30min moderate walk	Sunday	30min moderate walk	Sunday	Melbourne Marathon 5.5km Walk

# 5.5km Walk Training Program

## Week 8

Monday

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Tuesday

40min moderate walk

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Wednesday

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Thursday

30min moderate walk

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Friday

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Saturday

50min moderate walk

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Sunday

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## Week 7

Monday

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Tuesday

40min power walk

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Wednesday

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Thursday

30min moderate walk

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Friday

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Saturday

50min moderate walk

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Sunday

30min moderate walk

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## Week 6

Monday

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Tuesday

40min power walk

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Wednesday

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Thursday

30min moderate walk

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Friday

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Saturday

50min moderate walk

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Sunday

30min moderate walk

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## Week 5

Monday

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Tuesday

40min power walk

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Wednesday

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Thursday

40min power walk

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Friday

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Saturday

50min moderate walk

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Sunday

30min moderate walk

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# 5.5km Walk Training Program

## Week 12

Monday

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Tuesday 30min moderate walk

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Wednesday

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Thursday 30min moderate walk

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Friday

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Saturday 40min easy walk

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Sunday

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## Week 11

Monday

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Tuesday 40min moderate walk

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Wednesday

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Thursday 30min easy walk

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Friday  
1/08/08

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Saturday 50min easy walk

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Sunday

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## Week 10

Monday

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Tuesday 40min moderate walk

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Wednesday

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Thursday 40min moderate walk

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Friday

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Saturday 40min easy walk

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Sunday

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## Week 9

Monday

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Tuesday 40min moderate walk

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Wednesday

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Thursday 30min moderate walk

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Friday

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Saturday 50min moderate walk

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Sunday

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# 5.5km Walk Training Program

## Week 16

Monday

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Tuesday 20min easy walk

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Wednesday

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Thursday 30min easy walk

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Friday

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Saturday 20min easy walk

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Sunday

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## Week 15

Monday

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Tuesday 30min easy walk

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Wednesday

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Thursday 30min moderate walk

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Friday

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Saturday 20min easy walk

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Sunday

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## Week 14

Monday

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Tuesday 30min moderate walk

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Wednesday

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Thursday 30min moderate walk

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Friday

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Saturday 30min easy walk

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Sunday

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## Week 13

Monday

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Tuesday 30min moderate walk

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Wednesday

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Thursday 30min moderate walk

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Friday

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Saturday 40min easy walk

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Sunday

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