



**HSF Ride for Heart – 5K Walk**

**Goal Date:** June 5<sup>th</sup>

**Easy Walk:** Leisurely walk – don’t worry about pace. Arms will swing naturally at your sides.

**Brisk Walk:** Pick up the pace in your stride. Bend your elbows at 90 degrees and pump your arms in synch with your legs.

**Cross-train:** Any form of exercise that isn’t running. Can be aerobic (swimming, cycling) or strength based (yoga, weights). Do not go too hard on these days as they are designed to increase your general fitness while also allowing your body to recover from the specific stress of walking.

**Hills or Stairs:** Adding short bursts of hill or stair training helps to build your walking specific strength and economy. If there are no hills around your area, stairs can provide similar benefits. You can alternate hitting every step and every other step for a slightly different workout.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	<b>April 11</b> Easy walk 15 minutes	<b>12</b> Rest	<b>13</b> Rest or cross-train	<b>14</b> Easy walk 20 minutes	<b>15</b> Rest	<b>16</b> Rest or cross-train	<b>17</b> Easy walk 20 minutes
<b>WEEK 2</b>	18 Easy walk 5 minutes Brisk walk 5 minutes Easy walk 5 minutes	19 Rest	20 Rest or cross-train	21 Easy walk 20 minutes	22 Rest	23 Rest or cross-train	24 Easy walk 25 minutes
<b>WEEK 3</b>	25 Easy walk 5 minutes Brisk walk 10 minutes Easy walk 5 minutes	26 Rest	27 Rest or cross-train	28 Easy walk 25 minutes	29 Rest	April 30 Rest or cross-train	May 1 Easy walk 30 minutes

<b>WEEK 4</b>	2 Easy walk 5 minutes Brisk walk 10 minutes Easy walk 2 minutes Brisk walk 10 minutes	3 Rest	4 Rest or cross-train	5 Easy walk 10 minutes to the bottom of a hill or set of stairs. Walk up briskly using arms to pump for 30 seconds. Walk gently down. Repeat 4-5 times. Easy walk 10 minutes to cool down	6 Rest	7 Rest or cross-train	8 Easy walk 40 minutes
<b>WEEK 5</b>	9 Easy walk 5 minutes Brisk walk 12 minutes Easy walk 2 minutes Brisk walk 12 minutes	10 Rest	11 Rest or cross-train	12 Easy walk 30 minutes	13 Rest	14 Rest or cross-train	15 Easy walk 45 minutes
<b>WEEK 6</b>	16 Easy walk 5 minutes Brisk walk 15 minutes Easy walk 2 minutes Brisk walk 15 minutes	17 Rest	18 Rest or cross-train	19 Easy walk 10 minutes to the bottom of a hill or set of stairs. Walk up briskly using arms to pump for 30 seconds. Walk gently down. Repeat 5-6 times. Easy walk 10 minutes to cool down	20 Rest	21 Rest or cross-train	22 Easy walk 10 minutes Brisk walk 20 minutes Easy walk 10 minutes
<b>WEEK 7</b>	23 Easy walk 5 minutes Brisk walk 20 minutes Easy walk 5 minutes	24 Rest	25 Rest or cross-train	26 Easy walk 35 minutes	27 Rest	28 Rest or cross-train	29 Easy walk 50 minutes
<b>WEEK 8</b>	30 Easy walk 5 minutes Brisk walk 20 minutes Easy walk 5 minutes	May 31 Rest	June 1 Rest or cross-train	2 Easy walk 30 minutes	3 Rest	4 Rest	5 WALK 5K