

your happy pace



Walkers

Training Plan - Week 5

- **Monday**
Easy Pace
30 min Easy Walk
- **Tuesday**
Rest
- **Wednesday**
Short Intervals
30 min Walk
alternating:
3 min brisk Walk
2 min easy Walk
- **Thursday**
Rest
- **Friday**
Rest
- **Saturday**
parkrun
5km Steady Walk
- **Sunday**
Rest