



DOWNTOWN DASH

5K FUN RUN/WALK

Ready to try a 5K? This plan will prepare you to run/walk 3.1 miles with the power of your very own body!

This **“walkers” plan** is designed for those who are planning on walking the Downtown Dash 5K. Remember, the race is May 18th, 2022!

Friday 4/15	Saturday 4/16	Sunday 4/17	Monday 4/18	Tuesday 4/19	Wednesday 4/20	Thursday 4/21
Rest or walk	15 minute walk	Rest or walk	15 minute walk	Rest	1.5 mile walk	30-60 minute walk
Friday 4/22	Saturday 4/23	Sunday 4/24	Monday 4/25	Tuesday 4/26	Wednesday 4/27	Thursday 4/28
Rest or walk	20 minute walk	Rest or walk	20 minute walk	Rest	2.0 mile walk	40-60 minute walk
Friday 4/29	Saturday 4/30	Sunday 5/1	Monday 5/2	Tuesday 5/3	Wednesday 5/4	Thursday 5/5
Rest or walk	20 minute walk	Rest or walk	20 minute walk	Rest	2.5 mile walk	50-60 minute walk
Friday 5/6	Saturday 5/7	Sunday 5/8	Monday 5/9	Tuesday 5/10	Wednesday 5/11	Thursday 5/12
Rest or walk	25 minute walk	Rest or walk	25 minute walk	Rest	3.0 mile walk	60 minute walk
Friday 5/13	Saturday 5/14	Sunday 5/15	Monday 5/16	Tuesday 5/17	Wednesday 5/18	Thursday 5/19
Rest or walk	30 minute walk	Rest or walk	30 minute walk	Rest	Downtown Dash 5K Fun Run/Walk	Rest & Relax You did it!