



# JOURNEY<sup>TO</sup> 5K

welcome to

# JOURNEY TO 5K



We're so excited to have you join us on this journey! Whether you're brand new to running or getting back into it, this challenge is designed to help you build endurance, confidence, and a love for movement—one step at a time.

## Why Walk or Run?

Walking and running are some of the simplest, most effective ways to improve your overall well-being. Here's what you can look forward to:

- ☀️ Boosted heart health – Strengthen your cardiovascular system and increase endurance.
- ☀️ More energy & improved mood – Movement releases feel-good endorphins to reduce stress and boost mental clarity.
- ☀️ Improved strength & stamina – Each session helps you build fitness and makes daily activities easier.
- ☀️ Time outdoors – Spring is the perfect time to get fresh air, enjoy nature, and move your body!

## How This Challenge Works

Throughout this guide, you'll find daily walk and run plans to follow at your own pace. The workouts gradually increase in intensity to help you progress safely and effectively.

## Tips for Success

- ✓ Listen to your body – If you need extra rest or a slower pace, that's okay!
- ✓ Find your rhythm – Move at a speed that feels right for you.
- ✓ Focus on how you feel – Let movement be something you enjoy, not something you "have" to do.
- ✓ Celebrate progress – Every step forward is a win, no matter how small.

This is your journey, and we're here to support you every step of the way. Let's get started!

# Week 1 walking

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> 15 min		
15 minute walk	2	15 min
<b>Day 2</b> 23 min		
5 min walk	2	5 min
1 min walk	4	18 min
2 min walk	2	
X 6		
<b>Day 3</b> 15 min		
15 minute walk	3	15 min

## Notes

When performing intervals (Day 2), ensure that there is a difference between your pace/effort. Intervals help to build overall stamina and endurance you will need for future sessions.

# Week 2 walking!

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> 20 min		
20 minute walk	3	20 min
<b>Day 2</b> 21 min		
5 min walk	2	5 min
1 min walk	4	16 min
1 min walk X 8	2	
<b>Day 3</b> 20 min		
20 minute walk	3	20

## Notes

Gradually enhance the intensity of your intervals as time goes on, and make sure to consult the intensity guidelines to ensure you can advance effectively.

# Week 3 walking

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> <i>25 min</i>		
25 minute walk	3	25 min
<b>Day 2</b> <i>29 min</i>		
5 min walk	1-2	5 min
2 min walk	4	24 min
2 min walk	2	
X 6		
<b>Day 3</b> <i>25 min</i>		
20 min	3-4	25 min

## Notes

This week, concentrate on maintaining a steady and brisk pace throughout the entire interval. While it may be challenging initially, it's important not to exert yourself too much at the beginning, so stay aware!

# Week 4 walking

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> 30 min		
30 min walk	3	30 min
<b>Day 2</b> 23 min		
5 min walk	2	5 min
2 min walk	4	18 min
1 min walk	1	
X 6		
<b>Day 3</b> 25 min		
25 min walk	3-4	25 min

## Notes

This week, we will be reducing the recovery intervals while emphasizing the working intervals on Day 2. This approach is the most effective way to ensure steady progress throughout the program. You'll notice ongoing adjustments to both the recovery and working intervals as we move forward!

# Week 5 walking!

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> 35 min		
35 min walk	3-4	35 min
<b>Day 2</b> 35 min		
5 min walk	1-2	5 min
3 min walk	4	30 min
2 min walk	2	
X 5		
<b>Day 3</b> 35 min		
35 min	3-4	35 min

## Notes

As the intervals extend, your confidence will grow and your pace will quicken. Incorporating recovery periods allows you to maintain the same intensity during work intervals and gradually enhance them over time!

# Week 6 walking!

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> 40 min		
40 min walk	304	40 min
<b>Day 2</b> 25 min		
5 min walk	1-2	5 min
3 min walk	4	20 min
1 minute walk X 5	2	
<b>Day 3</b> 40 min		
40 min walk	3-4	40 min

## Notes

As we approach the final weeks, make sure to work on increasing the speed of your brisk walk. Keep in mind that as you progress, you'll be able to sustain the brisk intensity at a faster pace – don't forget to review the intensity guidelines.

# Week 7 walking!

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> 45 min		
45 min walk	4	45 min
<b>Day 2</b> 29 min		
5 min walk	1-2	5 min
4 min walk	4	24 min
2 minute walk X 4	2	
<b>Day 3</b> 45 min		
45 min walk	3-4	45 min

## Notes

Your endurance is getting stronger—take pride in your progress and feel confident as you navigate the upcoming weeks. You're doing an amazing job!

# Week 8 walking

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> 50 min		
50 min walk	4-5	50 min
<b>Day 2</b> 26 min		
5 min walk	1-2	5 min
5 min walk	4	21 min
2 min walk	2	
X 3		
<b>Day 3</b> 50 min		
50 min walk	3-4	50 min

## Notes

We are getting closer to our 5K goal! This is the first time we're offering the 5th intensity level as an option! While you don't have to push yourself if you're not prepared, it's a great opportunity to let your body give it a try!

# Week 9 walking!

## Guidelines:

**1-2: Easy, causal pace** - you would be able to maintain this pace for a while, enjoying easy conversation with relaxed breathing, heart rate is not too elevated

**3-4: Moderate effort, brisk walk but can hold a conversation** - more engaged the 1-2, your breathing is still in control but moving with much more purpose and vigor

**5: Challenging but sustainable, difficult to hold a conversation** - quick walking meant to feel like exercise, while you can talk, it is with short sentences and a regular conversation is not easy to hold. Arms should also be in use.

Program	Level	Total Time
<b>Day 1</b> 60 min		
5 k walk - ~ 60 min	4	60 min
<b>Day 2</b> 25 minutes		
5 min walk	1-2	5 min
2 min walk	4	20 min
2 min walk X 5	2	
<b>Day 3</b> 60 min		
5 k walk - ~ 60 min	4 - 5	60 min

## Notes

This is the week to complete a 5K or walk for approximately 60 minutes. As you progress beyond this challenge, explore new routes and focus on improving your speed—perhaps you could also incorporate some walk/run days! Well done!

# Week 1 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 23 min		
5 min walk	1	5 min
1 min jog	3-4	18 min
2 minute walk X 6	2	
<b>Day 2</b> 23 min		
5 min walk	2	5 min
1 min walk	3-4	18 min
2 minute walk X 6	2	
<b>Day 3</b> 20 min		
20 min brisk walk	2	20 min

## Notes

Concentrate on your form and breathing; as the program advances, you'll reap the rewards of maintaining proper technique and breath control.

# Week 2 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 21 min		
5 min walk	1	5 min
1 min jog	3-4	16 min
1 minute walk X 8	2	
<b>Day 2</b> 21 min		
5 min walk	2	5 min
1 min jog	3-4	16 min
1 minute walk X 8	2	
<b>Day 3</b> 20 min		
25 min brisk walk	2	20 min

## Notes

Start cultivating your confidence through short jogging intervals. Initially, it may seem like we can push ourselves harder, but it's important to focus on gradual progression over time rather than giving our all right from the start.

# Week 3 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 25 min		
5 min walk	1	5 min
2 min jog	3-4	20 min
2 minute walk	2	
X 5		
<b>Day 2</b> 25 min		
5 min walk	2	5 min
2 min jog	3-4	20 min
2 minute walk	2	
X 5		
<b>Day 3</b> 20 min		
20 min brisk walk	2	20 min

## Notes

You will observe an increase in both the duration of your jogging sessions and your rest periods. This method is an excellent way to extend your running time and distance while still allowing for breaks and walking intervals.

# Week 4 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 23 min		
5 min walk	1	5 min
2 min jog	3-4	18 min
1 minute walk X 6	2	
<b>Day 2</b> 23 min		
5 min walk	2	5 min
2 min walk	3-4	18 min
1 minute walk X 6	2	
<b>Day 3</b> 20 min		
25 min brisk walk	2	20 min

## Notes

Moving forward, you'll be incorporating more running and jogging than walking during your intervals. If you encounter difficulties keeping up with the walk/run intervals, feel free to take a break once or twice to recover your energy and build endurance.

# Week 5 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 25 min		
5 min walk	1	5 min
3 min jog	3-4	20 min
2 minute walk X 4	2	
<b>Day 2</b> 25 min		
5 min walk	2	5 min
3 min jog	3-4	20 min
2 minute walk X 4	2	
<b>Day 3</b> 20 min		
30 min brisk walk	2	20 min

## Notes

This week, as your running time increases, pay close attention to your effort and intensity. Strive for consistency during your jogging segments; this may involve pacing yourself at the start to ensure you have enough energy to maintain the same level of effort in the later intervals.

# Week 6 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 25 min		
5 min walk	1	5 min
3 min jog	3-4	20 min
1 minute walk X 5	2	
<b>Day 2</b> 25 min		
5 min walk	2	5 min
3 min jog	3-4	20 min
1 minute walk X 5	2	
<b>Day 3</b> 20 min		
35 min brisk walk	2	20 min

## Notes

Maintain your focus on pacing, as next week will bring an increase in intensity. Be sure to review the guidelines and manage your pace accordingly.

# Week 7 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 26 min		
5 min walk	1	5 min
5 min jog	4-5	21 min
2 minute walk X 3	2	
<b>Day 2</b> 26 min		
5 min walk	2	5 min
5 min jog	4-5	21 min
2 minute walk X 3	2	
<b>Day 3</b> 20 min		
35 min brisk walk	2	20 min

## Notes

Observe the shift in intensity—there are now options available to elevate yourself into the 4-5 range. This is optional, but if you're eager to challenge yourself and boost your confidence, go ahead and give it a try!

# Week 8 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 25 min		
5 min walk	1	5 min
8 min jog	4-5	20 min
2 minute walk X 2	2	
<b>Day 2</b> 25 min		
5 min walk	2	5 min
8 min jog	4-5	20 min
2 minute walk X 2	2	
<b>Day 3</b> 20 min		
30 min brisk walk	2	20 min

## Notes

This week, you'll be doing 8-minute jogs, which is a significant increase from the previous 5 minutes. Don't anticipate it to feel easy, especially if the past weeks have been manageable. Focus on your pacing, form, and breathing, and remember to challenge yourself! Next week marks the final week of this program.

# Week 9 running

## Guidelines:

**1: Light Walk** - you would be able to maintain this pace for a while.

**2: Brisk walk** - this will feel like an active rest/recovery for your body for jogging intervals

**3-4: Comfortable Jog, can talk but slightly breathless** - you feel like you're jogging, but it feels manageable and comfortable, but you are still able to get out a few word sentences

**5: Challenging, sustainable pace** - this is your true run, a level up from a jog. This is not sprinting, can be maintained but elevates your heart rate and focus to a place you cannot maintain conversation or full sentences.

Program	Level	Total Time
<b>Day 1</b> 30 min		
5 min walk	1	5 min
20 min jog	3-4	20 min
5 minute walk	2	5 min
<b>Day 2</b> time will vary		
5 min walk	2	5 min
5K jog	4-5	about 30-40 min
<b>Day 3</b> time will vary		
5 min walk	2	5 min
5K jog	4-5	about 30-40 min

## Notes

You did it! Take a moment to celebrate your achievements. If you feel you need a little extra time, keep training with the last four weeks of material!

Congratulations!