

BALANCE OF NATURE 5K PREP

WEEK 1	WALKERS ONLY	WALK/RUN
Monday	Walk 15 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Tuesday	Walk 15 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Wednesday	Walk 20 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Thursday	Walk 20 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Friday	Walk 15 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Saturday	Hike 30 Minutes	Walk 5 minutes/Run 30 seconds - Repeat 4 X
Sunday		
WEEK 2		
Monday	Walk 15 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Tuesday	Walk 15 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Wednesday	Walk 20 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Thursday	Walk 20 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Friday	Walk 15 minutes	Walk 5 minutes/Run 15 seconds - Repeat 4 X
Saturday	Hike 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 4 X
Sunday		
WEEK 3		
Monday	Walk 20 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Tuesday	Walk 20 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Wednesday	Walk 25 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Thursday	Walk 25 minutes	Walk 5 minutes/Run 30 seconds- Repeat 4 X
Friday	Walk 20 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Saturday	Hike 40 Minutes	Walk 5 minutes/Run 30 seconds- Repeat 4 X
Sunday		
WEEK 4		
Monday	Walk 20 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Tuesday	Walk 20 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Wednesday	Walk 25 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Thursday	Walk 25 minutes	Walk 5 minutes/Run 30 seconds- Repeat 4 X
Friday	Walk 20 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Saturday	Hike 40 Minutes	Walk 5 minutes/Run 30 seconds- Repeat 4 X
Sunday		
	WALKERS ONLY	WALK/RUN
WEEK 5		
Monday	Walk 25 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Tuesday	Walk 25 minutes	Walk 5 minutes/Run 30seconds - Repeat 4 X
Wednesday	Walk 30 minutes	Walk 5 minutes/Run 20 seconds - Repeat 5 X
Thursday	Walk 25 minutes	Walk 5 minutes/Run 30seconds - Repeat 4 X
Friday	Walk 25 minutes	Walk 5 minutes/Run 20 seconds - Repeat 5 X

Saturday	Hike 35 minutes	Hike 45 minutes
Sunday		
WEEK 6		
Monday	Walk 25 minutes	Walk 5 minutes/Run 20 seconds - Repeat 4 X
Tuesday	Walk 25 minutes	Walk 5 minutes/Run 30seconds - Repeat 4 X
Wednesday	Walk 30 minutes	Walk 5 minutes/Run 20 seconds - Repeat 5 X
Thursday	Walk 25 minutes	Walk 5 minutes/Run 30seconds - Repeat 4 X
Friday	Walk 25 minutes	Walk 5 minutes/Run 20 seconds - Repeat 5 X
Saturday	Hike 35 minutes	Hike 45 minutes
Sunday		
WEEK 7		
Monday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 5 X
Tuesday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 6 X
Wednesday	Walk 35 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8 X
Thursday	Walk 40 minutes	Walk 5 minutes/Run 30 seconds - Repeat 5 X
Friday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8 X
Saturday	Hike 45 minutes	Hike 60 minutes
Sunday		
WEEK 8		
Monday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 5 X
Tuesday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 6 X
Wednesday	Walk 35 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8 X
Thursday	Walk 40 minutes	Walk 5 minutes/Run 30 seconds - Repeat 5 X
Friday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8 X
Saturday	Hike 45 minutes	Hike 60 minutes
Sunday		
WEEK 9		
Monday	Walk 30 minutes	Walk 4 minutes/Run 30 seconds - Repeat 9 X
Tuesday	Walk 30 minutes	Walk 5 minutes/Run 45 seconds - Repeat 6 X
Wednesday	Walk 45 minutes	Walk 4 minutes/Run 30 seconds - Repeat 9 X
Thursday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8 X
Friday	Walk 30 minutes	Walk 4 minutes/Run 30 seconds - Repeat 9 X
Saturday	Hike 60 minutes	Hike 60 minutes
Sunday		
WEEK 10		
Monday	Walk 30 minutes	Walk 4 minutes/Run 45 seconds - Repeat 8 X
Tuesday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8
Wednesday	Walk 45 minutes	Walk 4 minutes/Run 45 seconds - Repeat 8 X

Thursday	Walk 30 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8
Friday	Walk 30 minutes	Walk 4 minutes/Run 30 seconds - Repeat 10 X
Saturday	Hike 60 minutes	Hike 60 minutes
Sunday		
WEEK 11		
Monday	Walk 30 minutes	Walk 4 minutes/Run 45 seconds - Repeat 10 X
Tuesday	Walk 45 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8
Wednesday	Walk 30 minutes	Walk 4 minutes/Run 45 seconds - Repeat 10 X
Thursday	Walk 45 minutes	Walk 5 minutes/Run 30 seconds - Repeat 8
Friday	Walk 30 minutes	Walk 4 minutes/Run 45 seconds - Repeat 10 X
Saturday	Hike 60 minutes	Hike 60 minutes
Sunday		
WEEK 12		
Monday	Walk 20 minutes	Walk 5 minutes/Run 45 seconds - Repeat 4 X
Tuesday	Walk 20 minutes	Walk 5 minutes/Run 45 seconds - Repeat 4 X
Wednesday	Walk 20 minutes	Walk 5 minutes/Run 45 seconds - Repeat 4 X
Thursday	Walk 20 minutes	Walk 5 minutes/Run 45 seconds - Repeat 4 X
Friday	Walk 20 minutes	Walk 10 minutes/Run 45 seconds - Repeat 2 X
Saturday	BALANCE OF NATURE FUN WALK/RUN 5K	