

Chicago Walkers Club – June & July Training – Occasional Racers

Week 1

Mon Off or cross train
Tue 3 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed 5 miles easy
Thurs 4 miles easy (or speed training at 6:30 by Field House)
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5Kpace; walk with group
Sun Off

Week 2

Mon Off or cross train
Tue 3 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Wed 4 miles easy
Thurs 4 miles easy (or speed training at 6:30 by Field House)
Fri Off or cross train
Sat Warm-up; 10 min @ 5K pace; 5 min rest; 20 min @ 5Kpace; walk with group
Sun Off

Week 3

Mon Off or cross train
Tue 4 miles easy (55 to 69% max heart rate or 5K pace + 2:30 to 3 min/mile)
Wed 3 miles easy
Thurs 3 miles easy (or speed training at 6:30 by Field House)
Fri Off or cross train
Sat Off. Rest for race tomorrow..
Sun Club Race! 5K

Week 4

Mon Rest
Tue 3 miles easy (55 to 69% max heart rate or 5K pace + 2.5 to 3 min/mile)
Wed 5 miles easy
Thurs 4 miles easy (or speed training at 6:30 by Field House)
Fri Off or cross train
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Sun Off

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Chicago Walkers Club – August 2008 training – occasional racers

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Week 5

5Mon Off or cross train
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Thurs 4 miles easy (or speed training at 6:30 by Field House)
Fri Off or cross train
Sat Warm-up; 15 min @ 5K pace; 5 min rest; 15 min @ 5Kpace; walk with group
Sun Off