

# The Coast Guard Festival Run is Saturday, July 25th, Plan to Join us!

Walk a 5K in 9 weeks (Walk 3 times a week, dates are suggested)

WEEK	DATE	DESCRIPTION	COMPLETED	TIME	COMMENTS
week 1	25-May	Walk at a slow pace for 20 Minutes			
week 1	27-May	Walk at a slow pace for 20 Minutes			
week 1	29-May	Walk at a slow pace for 5 minutes, then a moderate pace for 15 minutes*			
week 2	1-Jun	Walk at a slow pace for 25 minutes			
week 2	3-Jun	Walk at a slow pace for 25 minutes			
week 2	5-Jun	Walk at a slow pace for 5 minutes, then a moderate pace for 20 minutes*			
week 3	8-Jun	Walk at a slow pace for 5 minutes, then walk at a moderate pace for 20 minutes*			
week 3	10-Jun	Walk at a slow pace for 5 minutes, then walk at a moderate pace for 20 minutes*			
week 3	12-Jun	Walk at a slow pace for 5 minutes, then a moderate pace for 15 minutes, slow for 5 minutes, and a moderate pace for 10 minutes for a total of 35 minutes			
week 4	16-Jun	Walk at a slow pace for 5 minutes, then at a moderate pace for 25 minutes			
week 4	17-Jun	Walk at a slow pace for 5 minutes, then at a moderate pace for 25 minutes			
week 4	19-Jun	Walk at a slow pace for 5 minutes, then a moderate pace for 15 minutes, slow for 5 minutes, and a moderate pace for 15 minutes for a total of 40 minutes			
week 5	23-Jun	Walk at a slow pace for 5 minutes, then at a moderate pace for 30 minutes			
week 5	24-Jun	Walk at a slow pace for 5 minutes, then at a moderate pace for 30 minutes			
week 5	26-Jun	Walk at a slow pace for 5 minutes, then a moderate pace for 20 minutes, slow for 5 minutes, and a moderate pace for 15 minutes for a total of 45 minutes			
week 6	29-Jun	Walk at a slow pace for 5 minutes, then at a moderate pace for 35 minutes			
week 6	1-Jul	Walk at a slow pace for 5 minutes, then at a moderate pace for 35 minutes			
week 6	3-Jul	Walk at a slow pace for 5 minutes, then a moderate pace for 20 minutes, slow for 5 minutes, and a moderate pace for 20 minutes for a total of 50 minutes			
week 7	7-Jul	Walk at a slow pace for 5 minutes, then at a moderate pace for 40 minutes			
week 7	8-Jul	Walk at a slow pace for 5 minutes, then at a moderate pace for 40 minutes			
week 7	10-Jul	Walk at a slow pace for 5 minutes, then a moderate pace for 25 minutes, slow for 5 minutes, and a moderate pace for 20 minutes for a total of 55 minutes			
week 8	14-Jul	Walk at a slow pace for 5 minutes, then at a moderate pace for 45 minutes			
week 8	15-Jul	Walk at a slow pace for 5 minutes, then at a moderate pace for 45 minutes			
week 8	17-Jul	Walk at a slow pace for 5 minutes, then a moderate pace for 25 minutes, slow for 5 minutes, and a moderate pace for 25 minutes for a total of 60 minutes			
week 9	21-Jul	Walk at a slow pace for 5 minutes, then at a moderate pace for 50 minutes			
week 9	22-Jul	Walk at a slow pace for 5 minutes, then at a moderate pace for 50 minutes			
week 9	25-Jul	Coast Guard Run/Walk 5K - Walk at a slow pace for 5 minutes, then a moderate pace for 50 minutes			

\*If you find that you cannot walk at a moderate pace for that long, you can substitute one minute of fast walking followed by two minutes of slow walking and consistently increase the amount of time that you fast walk

**Congratulations!**