

# Jingle Bell 5K Walking Program

## WEEK 1

- ❖ Monday: Walk 15min
- ❖ Tuesday: Cross-train 20-30min (optional)
- ❖ Wednesday: Walk 15-20min
- ❖ Thursday: Rest
- ❖ Friday: Cross Train 20-30min (optional)
- ❖ Saturday: Walk 20min
- ❖ Sunday: Rest

## WEEK 2

- ❖ Monday: Walk 20min
- ❖ Tuesday: Cross-train 20-30min(optional)
- ❖ Wednesday: Walk 25-30min
- ❖ Thursday: Rest
- ❖ Friday: Cross train 20-30min (optional)
- ❖ Saturday: Walk 25-30min
- ❖ Sunday: Rest

## WEEK 3

- ❖ Monday: Walk 30min
- ❖ Tuesday: Cross-Train 20-30min
- ❖ Wednesday: Walk 30-35min
- ❖ Thursday: Rest
- ❖ Friday: Walk 25
- ❖ Saturday: Walk 40min
- ❖ Sunday: Rest

## WEEK 4

- ❖ Monday: Walk 30min
- ❖ Tuesday: Cross-train 20-30min
- ❖ Wednesday: Walk 20min
- ❖ Thursday: Rest
- ❖ Friday: Walk 20min
- ❖ Friday: Rest
- ❖ Saturday: 5-K Jingle Bell Walk!

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920-430-1348

**\*\*\*Not sure about cross training? Call Fitnessology at 920.430.1348 to schedule a 1 hour Personal Training session to get your 5k training started!**