

OP SANTÉ

HEALTHY LIFESTYLE HABITS AND A HEALTHY WEIGHT

5-km fast walk training schedule

Week	Group training Day 1	Individual training Day 3	Individual training Day 5 (Optional)
1	FW: 8 à 12 x 1 min (zone 1) Walk between FW = 3 min	FW: 4 à 6 x 1 min (zone 1) Walk between FW = 1 min	FW: 3 à 5 x 2 min (zone 1) Walk between FW = 2 min
2	FW: 8 à 10 x 2 min (zone 1) Walk between FW = 3 min	FW: 3 à 5 x 2 min (zone 1) Walk between FW = 2 min	FW: 3 à 5 x 3 min (zone 1) Walk between FW = 3 min
3	FW: 3 à 4 x 5 min (zone 1 + R) Walk between FW = 3 min	FW: 2 x 5 min (zone 1 + R) Walk between FW = 3 min	FW: 2 x 7 min (zone 1 + R) Walk between FW = 3 min
4	FW: 10-10-12 min (zone 2) Walk between FW = 10 min	FW: 1 x 15 min (zone 1)	FW: 2 x 10 min (zone 1 + R) Walk between FW = 5 min
5	FW: 3 x 10 min (zone 2) Walk between FW = 5 min	FW: 3 x 10 min (zone 1) Walk between FW = 3 min	FW: 10-8-6-4-2 min (zone 2) Walk between FW = 5-4-3-2 min
6	5-km fast walk test		

FW = Fast walk