

Walk Bethlehem's 5K Turkey Trot

You don't have to run to enjoy the fun of a 5K race. Bethlehem's Turkey Trot eagerly welcomes walkers with a special competitive walking division. And even if you're not a regular walker, there's still time to train!

With this plan, you'll gradually increase the amount of time that you're walking, working up to an hour in preparation for the Turkey Trot. And because you're walking almost every day, this plan will also help you to build a walking habit, so you'll stay active long after the 5K.

Get Started 5K Walking Training Plan	
Remember to walk at a slower pace for a few minutes at the beginning and end of your walks to warm up and cool down especially as your walks get longer. See "How fast should you go?" for descriptions of the walking paces below.	
Week 1 10/27-11/2	Walk at a moderate pace for 20 minutes 4 days this week Walk at a moderate pace for 10 minutes 2 days this week. Track your final 20-minute walk* this week to see how far you're going. You should aim to cover at least 1 mile in 20 minutes. At this pace (20-minute mile), you'd complete a 5K in a little over 1 hour. (If you're faster, good for you! Keep it up!)
Week 2 11/3-11/9	Walk at a moderate pace for 30 minutes 2 days this week. Walk at a brisk pace for 20 minutes 2 days this week. Walk at a moderate pace for 10 minutes 2 days this week. Track your final 30-minute walk* to see how far you're going. You should aim to cover at least 1.55 miles in 30 minutes. At this pace (19-minute mile), you'd complete a 5K in about 1 hour.
Week 3 11/10-11/16	Walk at a moderate pace for 45 minutes 2 days this week. Walk at a brisk pace for 30 minutes 2 days this week. Walk at a moderate pace for 10 minutes 2 days this week. Track your final 45-minute walk, aiming for about 2.4 miles (a 19-minute mile pace).

Week 4 11/17-11/23	<p>Walk at a moderate pace for 60 minutes 1 day at the beginning of the week.</p> <p>Walk at a brisk pace for 45 minutes 1 day at the beginning of the week.</p> <p>Walk at a brisk pace for 30 minutes 1 day this week.</p> <p>Walk at a moderate pace for 10 minutes 2 days this week. Schedule one of these walks for the day before your 5K.</p>
<p>*You can track the distance you are walking by downloading the app MapMyWalk onto your smartphone. Or you can go online to www.mapmywalk.com to recreate your route and see how far you went.</p>	

HOW FAST SHOULD YOU GO?			
Here are descriptions for the walking paces you'll use during your training.			
Type of walking	Pace	How it feels	Intensity
Easy	Leisurely stroll	Light effort, breathing easily; you can sing	Light
Moderate	Purposeful, like you have some place to get to	Some effort, breathing more noticeable; you can talk in full sentences	Light to moderate
Brisk	In a bit of a hurry	Moderate effort, breathing harder; you can talk in full sentences but need to take more breaths	Moderate
Fast	Late for an appointment	Hard effort, slightly breathless; you can talk in phrases	Moderate to vigorous

If you already walk at least three times a week for 30 minutes or longer, you might want to set a time goal for your 5K. To do this, start by mapping out a 1-mile route. After you warm up with some easy walking for 3 to 5 minutes, time how long it takes for you to walk the 1-mile route at a brisk pace, as if you're a bit late for an appointment. You should be breathing harder, but don't push yourself to the point in which you're breathless. You should always be able to speak at least short sentences. Note how long it takes you, and then check your time on the "Finish Time" chart below. If it took 16 minutes to complete 1 mile, your expected finish time would be about 50 minutes if you maintain that pace for the entire race. For some, that might be a good goal for a first 5K. If you want to challenge yourself, aim to come in a minute or two faster.

FINISH TIME		
Minutes to walk 1 mile	Walking speed	Time to complete a 5K
20	3.0 mph	1 hour 2 minutes
19	3.2 mph	59 minutes
18	3.3 mph	56 minutes
17	3.5 mph	53 minutes
16	3.8 mph	50 minutes
15	4.0 mph	47 minutes
14	4.3 mph	43 minutes
13	4.6 mph	40 minutes
12	5.0 mph	37 minutes