

# FROM COUCH TO 6K WALK!

**BROOKS**  
RUN HAPPY

WEEK 1

MONDAY

LIGHT WALK



20 MINUTE  
LIGHT WALK

TUESDAY

CROSS TRAIN



WEDNESDAY

RECOVERY/  
STRETCH



THURSDAY

WALK



FRIDAY

CROSS TRAIN



SATURDAY

REST



SUNDAY

WALK/SPEED WALK



5 MINUTE WALK  
30 SECOND SPEED  
WALK

WEEK 2

MONDAY

WALK



TUESDAY

CROSS TRAIN



WEDNESDAY

RECOVERY/  
STRETCH



THURSDAY

WALK/SPEED WALK



5 MINUTE WALK  
1 MINUTE SPEED  
WALK

FRIDAY

CROSS TRAIN



SATURDAY

REST



SUNDAY

LIGHT WALK



WEEK 3

MONDAY

WALK/SPEED WALK



10 MINUTE WALK  
2 MINUTE SPEED  
WALK

TUESDAY

CROSS TRAIN



WEDNESDAY

RECOVERY/  
STRETCH



THURSDAY

WALK



FRIDAY

CROSS TRAIN



SATURDAY

OFF/  
RECOVERY WALK



SUNDAY

WALK/SPEED WALK



10 MINUTE WALK  
2 MINUTE SPEED  
WALK

WEEK 4

MONDAY

WALK



TUESDAY

REST/CROSS TRAIN



WEDNESDAY

RECOVERY/  
STRETCH



THURSDAY

WALK/SPEED WALK



10 MINUTE WALK  
2 MINUTE SPEED  
WALK

FRIDAY

STRETCH



SATURDAY

OFF/  
RECOVERY WALK



SUNDAY



RACE DAY!

\*Please use this training plan as a guide only. Listen to your body and go at your own pace.