### Zone 1 (Easy pace)
- **Goal:** Endurance - SSD
- **Exercises:** Static stretch exercises, including abdominal and back exercises

### Zone 2 (Moderate pace)
- **Goal:** Tempo Run
- **Exercises:** Hill Repeats, Hill Repeats on gefen days.

### Zone 3 (Hard pace)
- **Goal:** Fartlek
- **Exercises:** Speed Workouts, Speed Workouts on gefen days.

### Endurance (SSD)
- **Goal:** Endurance - LSD
- **Exercises:** Running, Running on gefen days.

### Rest (CT)
- **Goal:** Rest
- **Exercises:** Rest

### Week 1:
- **Monday:** Rest - CT
- **Tuesday:** 3.0 miles, 3.0 miles, 3.0 miles
- **Wednesday:** Rest - CT
- **Thursday:** 2.0 miles, 2.0 miles, 2.0 miles
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 2:
- **Monday:** Rest - CT
- **Tuesday:** Intervals
- **Wednesday:** Rest - CT
- **Thursday:** 2.5 miles, 2.5 miles, 2.5 miles
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 3:
- **Monday:** Rest - CT
- **Tuesday:** 3.0 miles, 3.0 miles, 3.0 miles
- **Wednesday:** Rest - CT
- **Thursday:** 2.0 miles, 2.0 miles, 2.0 miles
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 4:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 5:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 6:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 7:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 8:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 9:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 10:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 11:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

### Week 12:
- **Monday:** Rest - CT
- **Tuesday:** None
- **Wednesday:** Rest - CT
- **Thursday:** None
- **Friday:** Rest - CT
- **Saturday:** Rest - CT
- **Sunday:** Rest - CT

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**How to use this schedule:**

Lilly Johnson: Running Lilly Coaching Head Coach

- **Warm up:** Cold down
- **Exercises:** Static stretch exercises, including abdominal and back exercises
- **Heart Rate:** Hydrate, before, during and after workouts
- **Workout:** Get your equipment: shoes, socks, nutrition and hydration, start your training journal

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**Suggestions:**

- **WEEK 1:** 
  - Mode are Pace: 10
  - Goal: 5
  - Distance: 10 miles

- **WEEK 2:** 
  - Mode are Pace: 5
  - Goal: 5
  - Distance: 5 miles

- **WEEK 3:** 
  - Mode are Pace: 4
  - Goal: 4
  - Distance: 4 miles

- **WEEK 4:** 
  - Mode are Pace: 3
  - Goal: 3
  - Distance: 3 miles

- **WEEK 5:** 
  - Mode are Pace: 2
  - Goal: 2
  - Distance: 2 miles

- **WEEK 6:** 
  - Mode are Pace: 1
  - Goal: 1
  - Distance: 1 mile

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**Get your equipment:**

- **Shoes:**
- **Socks:**
- **Nutrition and Hydration:**
- **Start your training journal:**

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**5 Mile Walking Training Program - 12 Weeks**

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