

2021 TRAINING PLAN

WEEK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN
#		RUN	WALK	RUN	REST	RUN	RUN	REST
1		20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	rest	20 min run 2, walk 1	30 min run 2, walk 1	rest
2		25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	rest	25 min run 2, walk 1	35 min run 2, walk 1	rest
3		30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	rest	30 min run 3, walk 1	40 min run 3, walk 1	rest
4		35 min run 4, walk 1	30 min walk	35 min run 4, walk 1	rest	35 min run 4, walk 1	50 min run 4, walk 1	rest
5		40 min run 5, walk 1	30 min walk	40 min run 5, walk 1	rest	40 min run 5, walk 1	60 min run 5, walk 1	rest
6		45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	rest	rest	6K!	rest

MINUTES,
NOT MILES.

30 min
run 3 minutes
walk 1 minute

6K is the average distance that people in the developing world have to walk for water.

Walk or run World Vision's 6K for Water so they don't have to. This training plan is all about getting your body ready for the mileage on race day. Before running for miles, focus on learning how to walk and getting in shape. Stick to the plan, follow the run/walk ratios, and you will be golden!

REGISTER TODAY!
WORLDVISION6K.CA