



**Brinkley** Physical Therapy

Fitness for all physical & cognitive disabilities

VIRTUAL  
**colour5K**

# Workout Plan

## WEEK ONE

**DAY 1**  
30 Minutes  
Walking

**DAY 2**  
1 Minute Run/  
3 Minute Walk  
x8 Sets

**DAY 3**  
30 Minutes  
Walking

**DAY 4**  
200m Run (250  
Steps) x5 Sets  
(That's 1K)

## WEEK TWO

**DAY 1**  
35 Minutes  
Walking

**DAY 2**  
2 Minute Run/  
3 Minute Walk  
x7 Sets

**DAY 3**  
35 Minutes  
Walking

**DAY 4**  
400m Run (500  
Steps) x5 Sets  
(That's 2K)

## WEEK THREE

**DAY 1**  
40 Minutes  
Walking

**DAY 2**  
3 Minute Run/  
3 Minute Walk  
x6 Sets

**DAY 3**  
40 Minutes  
Walking

**DAY 4**  
600m Run (750  
Steps) x5 Sets  
(That's 3K)

## WEEK FOUR

**DAY 1**  
15 Minute Run/  
15 Minute  
Walk

**DAY 2**  
4 Minute Run/  
3 Minute Walk  
x5 Sets

**DAY 3**  
15 Minute Run/  
15 Minute  
Walk

**DAY 4**  
800m Run (1000  
Steps) x5 Sets  
(That's 4K)

## WEEK FIVE

**DAY 1**  
20 Minute Run/  
20 Minute  
Walk

**DAY 2**  
5 Minute Run/  
3 Minute Walk  
x4 Sets

**DAY 3**  
20 Minute Run/  
20 Minute  
Walk

**DAY 4**  
1000m Run  
(1250 Steps) x5  
Sets (That's 5K)