

Your walk training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 minute light walk	Cross train and core	2km steady walk	Rest day	30 minute fast pace walk (5 mins speed walk, 1 min slow walk)	5km steady walk	30 minute light walk
Week 2	Relax and stretch	Cross train and core	5km steady walk. Include stairs and hills	Rest day	30 minute fast pace walk (5 mins speed walk, 1 min slow walk)	8km steady walk and stretch	30 minute light walk
Week 3	Relax and stretch	Cross train and core	6km steady walk and stretch	Rest day	30 minute fast pace walk (5 mins speed walk, 1 min slow walk)	10km steady walk. Include stairs and hills	30 minute light walk
Week 4	Relax and stretch	Cross train and core	7km steady walk. Include stairs and hills	Rest day	30 minute fast pace walk (5 mins speed walk, 1 min slow walk)	15km steady walk and stretch	30 minute light walk
Week 5	Relax and stretch	Cross train and core	7km steady walk and stretch	Rest day	30 minute fast pace walk (5 mins speed walk, 1 min slow walk)	20km walk (increase the pace and stretch)	30 minute light walk
Week 6	Relax and stretch	Cross train and core	7km steady walk and stretch	Rest day	30 minute fast pace walk (5 mins speed walk, 1 min slow walk)	15km walk (increase the pace and stretch)	30 minute light walk
Week 7	Relax and stretch	5km steady walk with stairs and stretch	Any other activity and stretch	Rest day	30 minute fast pace walk (5 mins speed walk, 1 min slow walk)	15km steady walk and stretch	30 minute light walk
Week 8	Relax and stretch	5km steady walk with stairs and stretch	Any other activity and stretch	5km steady walk and stretch	Stretch	Rest day	EVENT DAY!

Walk Days

Start by getting into the habit of walking regularly, mix long walks with short walks. Try increasing your speed just a little each time you do a short walk. Try interval training, walking fast and slow to increase stamina.

Other activities

Try other activities to help increase your stamina and fitness such as swimming, dancing, spin, kick boxing or pilates. Enjoyment is the deciding factor! Start off with 15 minutes and build up your time. Choose whatever you enjoy, but make sure you always increase your heart rate.

Rest days

Take a rest from aerobic activity but spend 5-10 minutes a day having a good stretch. The more you do the more you will notice a difference in your walking and flexibility.