

TRAINING PLAN

Walk 34km plan

WALK 1

WALK 2

WALK 3

WALK 4

Week 1

30 minutes easy walking

30 minutes easy walking

30 minutes easy walking
taking in some hills

1 hour easy walking

Week 2

30 minutes easy walking with
6 x 1 minute brisk walking
spread throughout

35 minutes easy walking easy
walking

35 minutes easy walking
taking in some hills

1 hour 20 minutes easy
walking

Week 3

35 minutes easy walking with
5 x 2 minute brisk walking
spread throughout

30 minutes easy walking

30 minutes easy walking
taking in some hills

1 hour 40 minutes easy
walking

Week 4

25 minutes easy walking

30 minutes easy walking

1 hour easy walking

No 4th walk this week

Week 5

5 minutes easy walk warm
up. 1 minute brisk walking, 2
minutes easy walking x8.

35 minutes easy walking

35 minutes easy walking
taking in some hills

2 hours easy walking

Week 6

5 minutes easy walk warm
up. 90 seconds brisk walking,
2 minutes 30 seconds easy
walking x7.

40 minutes easy walking

30 minutes easy walking on a
hilly route

2 hours 15 minutes easy
walking

Week 7

5 minutes easy walk warm
up. 2 minutes brisk walking, 3
minutes easy walking x5.

35 minutes easy walking

35 minutes easy walking
taking in some hills

2 hours 30 minutes easy
walking

Week 8

25 minutes easy walking

30 minutes easy walking

1 hour 10 minutes easy walking

No 4th walk this week

WALK 1

WALK 2

WALK 3

WALK 4

Week 9

5 minutes easy walk warm up. 1 minute brisk walking, 2 minutes easy walking x10.

40 minutes easy walking

35 minutes easy walking on a hilly route

2 hours 45 minutes easy walking

Week 10

5 minutes easy walk warm up. 30 seconds brisk walk up hill, walk easy back down to the start point x10. 5 minutes easy walk cool down

45 minutes easy walking

40 minutes easy walking

3 hours easy walking

Week 11

5 minutes easy walk warm up. 2 minutes brisk walking, 3 minutes easy walking x6.

40 minutes easy walking

40 minutes easy walking taking in some hills

3 hours 15 minutes easy walking

Week 12

25 minutes easy walking

30 minutes easy walking

1 hour 15 minutes easy walking

No 4th walk this week

Week 13

5 minutes easy walk warm up. 2 minutes brisk walking, 2 minutes easy walking x8.

45 minutes easy walking

45 minutes easy walking taking in some hills

3 hours 30 minutes easy walking

Week 14

5 minutes easy walk warm up. 1 minute brisk walk up hill, walk easy back down to the start point x10. 5 minutes easy walk cool down

40 minutes easy walking

50 minutes easy walking

3 hours 45 minutes easy walking

Week 15

5 minutes easy walk warm up. 3 minutes brisk walking, 2 minutes easy walking x6.

45 minutes easy walking

45 minutes easy walking taking in some hills

4 hours easy walking

WALK 1

WALK 2

WALK 3

WALK 4

Week 16

25 minutes easy walking

30 minutes easy walking

1 hour easy walking

No 4th walk this week

Week 17

30 minutes easy walking

35 minutes easy walking

40 minutes easy walking

No 4th walk this week

Week 18

30 minutes easy walking

20 minutes easy walking

Your Walk Event!

No 4th walk this week

- This plan starts from a base of being able to walk at a conversational pace for 1 hour, if you aren't at that point yet try weeks 5 to 10 of the of the 5-6km plan first.
- **Easy walking** - where you could chat away if you were walking alongside someone, a full sentence on every out breath
- **Faster walking** - where you could only say 2-3 words on an out breath
- Try to have spread your walks out evenly across the week if you can
- If you miss one or two walks in a week, don't worry, just let them go and move on to the next walk
- If you can fit in one or two of the strength sessions each week that will really help your walking!
- Check the weather before each walk and practice wearing the kit and carrying what you'll need to for your event on the longer walks in the plan.
- Your event has an undulating route, make sure some of your longer walks take in a few gentle hills

Training plan provided by

WeRun

