



TRAINING PLAN

Walk 21km flat plan

WALK 1

WALK 2

WALK 3

Week 1	30 minutes easy walking	30 minutes easy walking	45 minutes easy walking
Week 2	30 minutes easy walking	30 minutes easy walking with 5 x 1 minute faster walking spread throughout	1 hour easy walking
Week 3	25 minutes easy walking	30 minutes easy walking	Recovery
Week 4	30 minutes easy walking	5 minutes easy walk warm up. 1 minute faster walking, 3 minutes easy walking x6.	1 hour easy walking
Week 5	30 minutes easy walking	35 minutes easy walking taking in some hills	1 hour 30 minutes easy walking
Week 6	35 minutes easy walking	5 minutes easy walk warm up. 2 minutes faster walking, 3 minutes easy walking x5.	1 hour 45 minutes easy walking
Week 7	30 minutes easy walking	35 minutes easy walking	Recovery
Week 8	35 minutes easy walking	5 minutes easy walk warm up. 3 minutes faster walking, 2 minutes easy walking x6.	2 hours 45 minutes easy walking
Week 9	40 minutes easy walking	40 minutes easy walking taking in some hills	2 hours 15 minutes easy walking
Week 10	40 minutes easy walking	5 minutes easy walk warm up. 2 minutes faster walking, 2 minutes easy walking x7.	2 hours 30 minutes easy walking

WALK 1

WALK 2

WALK 3

Week 11	10 minutes easy walking	12 minutes easy walking	15 minutes easy walking
Week 12	40 minutes easy walking	5 minutes easy walk warm up. 2 minutes faster walking, 2 minutes easy walking x7.	2 hours 30 minutes easy walking
Week 13	10 minutes easy walking	12 minutes easy walking	15 minutes easy walking
Week 14	40 minutes easy walking	5 minutes easy walk warm up. 2 minutes faster walking, 2 minutes easy walking x7.	2 hours 30 minutes easy walking
Week 15	10 minutes easy walking	12 minutes easy walking	15 minutes easy walking
Week 16	10 minutes easy walking	12 minutes easy walking	15 minutes easy walking

This plan starts from a base of being able to walk at a conversational pace for 30 minutes, if you aren't at that point yet try the first 5 weeks 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.

Training plan provided by

WeRun

