

# TRAINING PLAN

Walk 21km hilly plan

# WALK 1

# WALK 2

# WALK 3

# WALK 4

## Week 1

25 minutes easy walking

30 minutes easy walking

45 minutes easy walking on a hilly route

No 4th Walk this week

## Week 2

25 minutes easy walking on a hilly route

30 minutes easy walking

1 hour easy walking

No 4th Walk this week

## Week 3

30 minutes easy walking on a hilly route

30 minutes easy walking

1 hour 15 minutes easy walking on a hilly route

30 minutes easy walking with 5 x 1 minute faster walking spread throughout

## Week 4

30 minutes easy walking

25 minutes easy walking

45 minutes easy walking

No 4th Walk this week

## Week 5

35 minutes easy walking on a hilly route

30 minutes easy walking

1 hour 30 minutes easy walking on a hilly route

30 minutes easy walking

## Week 6

10 minutes easy walk warm up. 1 minute brisk walk up hill, easy walking back down x8. 10 minutes easy walk warm up.

35 minutes easy walking

1 hour 45 minutes easy walking

No 4th Walk this week

## Week 7

40 minutes easy walking on a hilly route

35 minutes easy walking

2 hours easy walking on a hilly route

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

## Week 8

30 minutes easy walking

30 minutes easy walking

50 minutes easy walking

No 4th Walk this week

## Week 9

50 minutes easy walking on a hilly route

35 minutes easy walking

2 hours 15 minutes easy walking on a hilly route

35 minutes easy walking with 6 x 90 seconds faster walking spread throughout

## WALK 1

## WALK 2

## WALK 3

## WALK 4

<b>Week 10</b>	10 minutes easy walk warm up. 1 minute brisk walk up hill, easy walking back down x10. 10 minutes easy walk warm up.	40 minutes easy walking	2 hours 30 minutes easy walking	No 4th Walk this week
<b>Week 11</b>	55 minutes easy walking on a hilly route	35 minutes easy walking	2 hours 45 minutes easy walking on a hilly route	35 minutes easy walking with 6 x 2 minute faster walking spread throughout
<b>Week 12</b>	35 minutes easy walking	30 minutes easy walking	1 hour minutes easy walking	No 4th Walk this week
<b>Week 13</b>	1 hour easy walking on a hilly route	35 minutes easy walking	3 hours easy walking	40 minutes easy walking on a hilly route
<b>Week 14</b>	10 minutes easy walk warm up. 1 minute brisk walk up hill, easy walking back down x12. 10 minutes easy walk warm up.	40 minutes easy walking	3 hours 15 minute easy walking on a hilly route	No 4th Walk this week
<b>Week 15</b>	30 minutes easy walking	35 minutes easy walking	40 minutes easy walking	No 4th Walk this week
<b>Week 16</b>	30 minutes easy walking	20 minutes easy walking	<b>Your Walk Event!</b>	No 4th Walk this week

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 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 is hilly, so train on hilly routes where it suggests in the plan!



Training plan provided by

**weRun**