



Walkers

Training Plan

12 Weeks / 10km

Week	Monday Easy Pace	Tuesday	Wednesday Shorter Intervals	Thursday	Friday Longer Intervals	Saturday	Sunday Faster Pace
1	15 mins Walk	Rest	15 mins Walk alternating: 1 min brisk Walk 2 mins slow Walk	Rest	20 mins Walk alternating: 5 mins brisk Walk 5 mins slow Walk	Rest	2km Walk
2	17 mins Walk	Rest	20 mins Walk alternating: 1 min brisk Walk 2 mins slow Walk	Rest	20 mins Walk alternating: 6 mins brisk Walk 4 mins slow Walk	Rest	3.5km Walk
3	20 mins Walk	Rest	20 mins Walk alternating: 1.5 mins brisk Walk 2 mins slow Walk	Rest	25 mins Walk alternating: 5 mins brisk Walk 5 mins slow Walk (ending on 5 brisk)	Rest	4km Walk
4	25 mins Walk	Rest	25 mins Walk alternating: 1.5 mins brisk Walk 2 mins slow Walk	Rest	30 mins Walk alternating: 7 mins brisk Walk 3 mins slow Walk	Rest	5km Walk
5	25 mins Walk	Rest	25 mins Walk alternating: 1 min brisk Walk 2 mins slow Walk	Rest	30 mins Walk alternating: 10 mins brisk Walk 10 mins slow Walk (ending on 10 brisk)	Rest	6km Walk
6 (recovery week)	15 mins Walk	Rest	20 mins Walk alternating: 1 min brisk Walk 3 mins slow Walk	Rest	3km Walk (recovery week)	Rest	4km Walk



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Week	Monday Easy Pace	Tuesday	Wednesday Shorter Intervals	Thursday	Friday Longer Intervals	Saturday	Sunday Faster Pace
7	30 mins Walk	Rest	25 mins Walk alternating: 2 mins brisk Walk 2 mins slow Walk	Rest	35 mins Walk alternating: 5 mins brisk Walk 5 mins slow Walk	Rest	7km Walk
8	35 mins Walk	Rest	30 mins Walk alternating: 3 mins brisk Walk 2 mins slow Walk	Rest	40 mins Walk alternating: 7 mins brisk Walk 3 mins slow Walk	Rest	7.5km Walk
9	40 mins Walk	Rest	30 mins Walk alternating: 3 mins brisk Walk 1 min slow Walk	Rest	40 mins Walk alternating: 10 mins brisk Walk 10 mins slow Walk	Rest	8km Walk
10	45 mins Walk	Rest	35 mins Walk alternating: 3 mins brisk Walk 1 min slow Walk	Rest	45 mins Walk alternating: 15 mins brisk Walk 7.5 mins slow Walk	Rest	9km Walk
11	40 mins Walk	Rest	35 mins Walk alternating: 2 mins brisk Walk 1 min slow Walk	Rest	35 mins Walk alternating: 5 mins brisk Walk 5 mins slow Walk	7km Walk	Rest
12 (race week changes)	25 mins Walk alternating: 2 mins brisk Walk 1 min slow Walk	6km Walk	Rest	25 mins Walk	Rest	15 mins Walk	Race Day June 2 @12.30



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