

Shine Night Walk Half Marathon

16 week training plan

Weeks to go	Day 1 Rest day. Your positive affirmation for the week...	Day 2 Easy-medium pace walk	Day 3 Alternative training/rest	Day 4 Interval & hill training	Day 5 Brisk pace walk	Day 6 Rest day. Something to think about on your next walk...	Day 7 Long walk
16	I am capable of great things ✓	20-30 mins 	Use today to rest if your body needs it, or take part in other types of exercise... 	3 miles Interval 1 slow, 1 brisk, 1 slow 	40 mins 	What are you thankful for today? 	3 miles 
15	Challenges are good for me ✓	40 mins 		3 miles - Hill training At least 4 bursts - 2 mins up, recovery down 	40 mins 	What is your favourite movie and why? 	4 miles 
14	In this moment all is well ✓	1.5 hours 		2 miles - Fartlek intervals At least 8 varied bursts briskly 	60 mins 	What made you laugh today? 	4 miles 
13	I've got this ✓	1 hour 		4 miles Interval 1 slow, 2 brisk, 1 slow 	40 mins 	What is one thing you cannot live without? 	5 miles 
12	I am stronger than I realise ✓	45 mins - 1 hour 	Sign up to a fitness class 	4 miles - Hill training At least 6 bursts - 2 mins up, recovery down 	60 mins 	What song(s) inspire you? 	5 miles 
11	I focus on what I can control ✓	45 mins 		3 miles - Fartlek intervals At least 8 bursts briskly 	40 mins 	Who are you thankful for today? 	6 miles 
10	I appreciate myself for everything that I am ✓	1 hour 	Use the cross-trainer 	3 miles Interval 1 slow, 1 brisk, 1 slow 	90 mins 	What are your 5 strengths? 	7 miles 
9	I am powerful and unstoppable ✓	1.5 - 2 hours 		3 miles - Hill training At least 8 bursts - 2 mins up, recovery down 	60 mins 	How many countries have you visited? 	6 miles 
8	Everything is possible ✓	45 mins - 1 hour 	Go for a swim 	4 miles - Fartlek intervals At least 10 bursts briskly 	40 mins 	What skill would you like to learn? 	7 miles 
7	Peace flows through my mind and body ✓	1 hour 		4 miles Interval 1 slow, 2 brisk, 1 slow 	60 mins 	What was your favourite tv show as a child? 	8 miles 
6	I treat myself with loving kindness ✓	1.5 - 2 hours 	Do some yoga 	5 miles - Hill training At least 6 bursts - 2 mins up, recovery down 	90 mins 	What made you smile today? 	8 miles 
5	I am brimming with power, strength and light ✓	2 - 2.5 hours 		5 miles - Fartlek intervals At least 8 bursts briskly 	90 mins 	What is your greatest achievement? 	7 miles 
4	I am grateful for my health ✓	2 hours 	Stretch! 	6 miles Interval 2 slow, 2 brisk, 2 slow 	60 mins 	What was your favourite subject at school? 	9 miles 
3	I feel at home in my body ✓	1.5 - 2 hours 		3 miles - Hill training At least 6 bursts - 2 mins up, recovery down 	90 mins 	What are you thankful for from this last year? 	10 miles 
2	I grow with every challenge ✓	1 hour 		3 miles - Fartlek intervals At least 8 bursts briskly 	30 mins 	What have you learnt about yourself during training? 	5 miles 
1	I can and I will ✓	1 hour 		2 miles easy 	30 mins 	Who are you dedicating your Shine Night Walk to? 	Your Shine Night Walk 