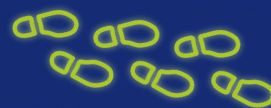


Shine Night Walk Full Marathon

12 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
12	I am capable of great things ✓	1 hour	Use today to rest if your body needs it, or take part in other types of exercise...	4 miles Interval 1 slow, 2 brisk, 1 slow	1 hour	What are you thankful for today?	6 miles
11	Challenges are good for me ✓	1 - 1.5 hours		6 miles - Hill training At least 6 bursts - 2 mins up, recovery down	1 hour	What is your favourite movie and why?	8 miles
10	I've got this ✓	1 - 1.5 hours		4 miles - Fartlek intervals At least 8 bursts briskly	1.5 hours	What is one thing you cannot live without?	10 miles
9	I am stronger than I realise ✓	1- 2 hours	Sign up to a fitness class	5 miles Interval 1 slow, 3 brisk, 1 slow	2 hours	What song(s) inspire you?	12 miles
8	I appreciate myself for everything that I am ✓	1 hour		6 miles - Hill training At least 8 bursts - 2 mins up, recovery down	2.5 hours	Who are you thankful for today?	14 miles
7	I am powerful and unstoppable ✓	1.5-2 hours	Use the cross-trainer	7 miles - Fartlek intervals At least 10 bursts briskly	2 hours	What skill would you like to learn?	16 miles
6	Everything is possible ✓	2 hours		6 miles Interval 1 slow, 4 brisk, 1 slow	2 hours	What was your favourite tv show as a child?	18 miles
5	I treat myself with loving kindness ✓	2 - 2.5 hours	Go for a swim	7 miles - Hill training At least 8 bursts - 2 mins up, recovery down	2.5 hours	What made you smile today?	15 miles
4	I am brimming with power, strength and light ✓	2.5 hours		6 miles - Fartlek intervals At least 8 bursts briskly	3 hours	What is your greatest achievement?	20 miles
3	I feel at home in my body ✓	2 hours	Do some yoga	6 miles - Hill training At least 6 bursts - 2 mins up, recovery down	2.5 hours	What was your favourite subject at school?	17 miles
2	I grow with every challenge ✓	1 hour		4 miles - Fartlek intervals At least 8 bursts briskly	2 hours	What have you learnt about yourself during training?	10 miles
1	I can and I will ✓	1 hour		3 miles Interval 1 slow, 1 brisk, 1 slow	1 hour	Who are you dedicating your Shine Night Walk to?	Your Shine Night Walk