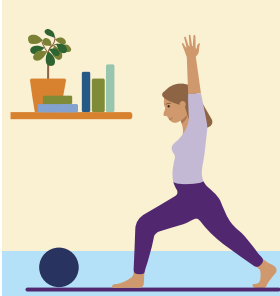


Weeks to go	Rest day Your positive affirmation for the week	Walk day 1 Medium-fast pace	Walk day 2 Challenge day!	Rest day Alternative training/rest	Walk day 3 Easy-medium pace	Walk day 4 Long walk	Rest day Alternative training/rest
16	I am energised	1 hour	3 miles interval 1 slow, 1 brisk, 1 slow	Aim to fully rest at least 1 day a week.	30-45 mins	6 miles	Aim to fully rest at least 1 day a week.
15	I choose to be kind to myself	1 hour	4 miles hill training Aim for 6x 2 minute bursts uphill, recovery down	Today could be a good day to do some yoga or some extra stretching.	1 hour	8 miles	Today could be a good day to do some yoga or some extra stretching.
14	I cherish my body	1.5 hours	3 miles random intervals At least 8 varied bursts of a brisk walk		1-1.5 hours	10 miles	
13	I wake each day rested and full of energy	1.5 hours	4 miles interval 1 slow, 2 brisk, 1 slow		1-1.5 hours	8 miles	Why not use today to have a think about who you are going to dedicate your next week of training to.
12	I create the life I deserve	2 hours	6 miles hill training Aim for 6x 2 minute bursts uphill, recovery down		1-2 hours	12 miles	
11	I choose to be happy and love myself today	2 hours	4 miles random intervals At least 8 varied bursts of a brisk walk		1.5-2 hours	9 miles	
10	I am powerful and unstoppable	2.5 hours	5 miles interval 1 slow, 3 speed, 1 slow	If you participate in other types of sport, today could be a good day to schedule that in.	1 hour	14 miles	If you start to struggle, remember your dedication and let it push you forward.
9	I am stronger than I realise	2 hours	6 miles hill training Aim for 8x 2 minute bursts uphill, recovery down		1.5-2 hours	11 miles	

Weeks to go	Rest day Your positive affirmation for the week	Walk day 1 Medium-fast pace	Walk day 2 Challenge day!	Rest day Alternative training/rest	Walk day 3 Easy-medium pace	Walk day 4 Long walk	Rest day Alternative training/rest
8	I take my goals seriously	1.5 hours	7 miles random intervals At least 10 varied bursts of a brisk walk	Aim to fully rest at least 1 day a week.	2 hours	16 miles	Aim to fully rest at least 1 day a week.
7	I am proud to be me	2 hours	6 miles interval 1 slow, 2 brisk, twice	Today could be a good day to do some yoga or some extra stretching.	2-2.5 hours	13 miles	Today could be a good day to do some yoga or some extra stretching.
6	Everything is possible	2.5 hours	7 miles hill training Aim for 8x 2 minute bursts uphill, recovery down		2-2.5 hours	18 miles	
5	I am happy with who I am	2.5 hours	6 miles random intervals At least 8 varied bursts of a brisk walk		2.5 hours	15 miles	Why not use today to have a think about who you are going to dedicate your next week of training to. It may be the same person next week or it may be a different person for each of your walks. If you start to struggle, remember your dedication and let it push you forward.
4	Everything I do leads me closer to a healthier body and mind	3 hours	6 miles interval 1 slow, 2 brisk, twice		2 hours	20 miles	
3	I have complete power over my wellbeing	2.5 hours	6 miles hill training Aim for 6x 2 minute bursts uphill, recovery down	If you participate in other types of sport, today could be a good day to schedule that in.	1.5-2 hours	17 miles	
2	My body is getting stronger and stronger each day	2 hours	4 miles random intervals At least 8 varied bursts of a brisk walk		1 hour	10 miles	
1	I've got this	1 hour	3 miles interval 1 slow, 1 brisk, 1 slow		1 hour	Marathon Day!	