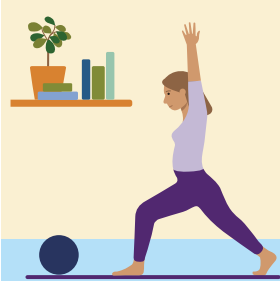
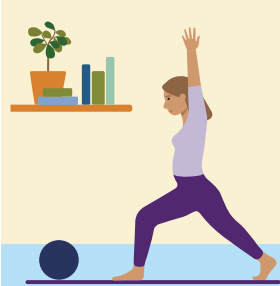


Weeks to go	Rest day Your positive affirmation for the week	Walk day 1 Medium-fast pace	Walk day 2 Challenge day! (or substitute for an alternative workout!)	Rest day Alternative training/rest	Walk day 3 Easy-medium pace	Walk day 4 Long walk	Rest day Alternative training/rest
10	I am energised	20 minutes	1-2k power walk Enjoy your surroundings	Aim to fully rest at least 1 day a week.	30-45 minutes	2-3k	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.
9	I create the life I deserve	30 minutes	2-3k interval Vary your pace throughout	Today could be a good day to do some yoga or some extra stretching.	30-45 minutes	3-4k	
8	I choose to be happy and love myself today	30-45 minutes	3k interval 1 slow, 1 brisk, 1 slow		45 minutes	4k	
7	I am powerful and unstoppable	30-45 minutes	3k - hill training Aim for 6x 2 minute bursts uphill, recovery down		30 minutes	5k	
6	I am stronger than I realise	45 minutes	4k - random intervals at least 8 varied bursts of a brisk walk		60 minutes	5k	

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5	I am proud to be me	60 minutes	4k interval 1 slow, 2 brisk, 1 slow	Aim to fully rest at least 1 day a week. Today could be a good day to do some yoga or some extra stretching.  If you participate in other types of sport, today could be a good day to schedule that in.	45 minutes	6k	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 is possible	75 minutes	5k - hill training Aim for 6x 2 minute bursts uphill, recovery down		60 minutes	7k	
3	Everything I do leads me closer to a healthier body and mind	90 minutes	5k - random intervals at least 8 varied bursts of a brisk walk		75 minutes	8k	
2	My body is getting stronger and stronger each day	60 minutes	6k interval 2 slow, 2 brisk, 2 slow		45 minutes	5k	
1	I've got this	30 minutes	2k easy		30 minutes	10k day!	