

Walk 30 Miles Challenge Training guide



Adapt the challenge to suit you

People of all fitness levels are taking on this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. However you choose to break down the 30 miles, you'll be helping us to power progress.

Ease your way in

Gradually build up your miles throughout the month. Why not find out what pace, distance and time of day works for you before the challenge begins?



Make a plan

Use your challenge calendar to plan where and when you'll be completing your 30 miles, whether that's one big walk a day or lots of shorter walks.

Team up

Walking in a group will inspire you to push harder and go further than you might otherwise do on your own. Whether you cover the miles together or individually, encourage others to join in the challenge too!

Fuel those miles

You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those miles by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

Gear up

Make sure you have a comfortable pair of trainers or walking boots. Wearing the wrong type of shoe is the most common cause of injury.

Apply sunscreen

Make sure to apply SPF 30 if you're out walking in the daytime. Use 4* or 5* SPF 30 sun protection.



Track every mile

Show off your progress to your supporters by tracking every mile with a tracking app. We recommend Strava as you can link your walks to your online Giving Page.

Keep hydrated

Make sure you drink enough water before and after your walks.

