

| Weeks to go | Rest day<br>Your positive affirmation for the week | Walk day 1<br>Medium-fast pace | Walk day 2<br>Challenge day!<br>(or substitute for an alternative workout!) | Rest day<br>Alternative training/rest                                                                                                                                                                           | Walk day 3<br>Easy-medium pace | Walk day 4<br>Long walk | Rest day<br>Alternative training/rest                                                                                                                                                                                                                                                                 |
|-------------|----------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6           | I am energised                                     | 45 minutes                     | 3k - hill training<br>Aim for 6x 2 minute bursts uphill, recovery down      | <p>Aim to fully rest at least 1 day a week.</p> <p>Today could be a good day to do some yoga or some extra stretching.</p>  | 45 minutes                     | 5k                      | <p>Why not use today to have a think about who you are going to dedicate your next week of training to.</p> <p>It may be the same person next week or it may be a different person for each of your walks.</p> <p>If you start to struggle, remember your dedication and let it push you forward.</p> |
| 5           | I choose to be kind to myself                      | 60 minutes                     | 4k - random intervals at least 8 varied bursts of a brisk walk              |                                                                                                                                                                                                                 | 60 minutes                     | 6k                      |                                                                                                                                                                                                                                                                                                       |
| 4           | Everything is possible                             | 75 minutes                     | 5k - hill training<br>Aim for 6x 2 minute bursts uphill, recovery down      |                                                                                                                                                                                                                 | 60 minutes                     | 7k                      |                                                                                                                                                                                                                                                                                                       |
| 3           | I am happy with who I am                           | 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<br>2 slow, 2 brisk, 2 slow                                      | <p>If you participate in other types of sport, today could be a good day to schedule that in.</p>                                                                                                               | 45 minutes                     | 5k                      |                                                                                                                                                                                                                                                                                                       |
| 1           | I've got this                                      | 30 minutes                     | 2k easy                                                                     |                                                                                                                                                                                                                 | 30 minutes                     | 10k day!                |                                                                                                                                                                                                                                                                                                       |