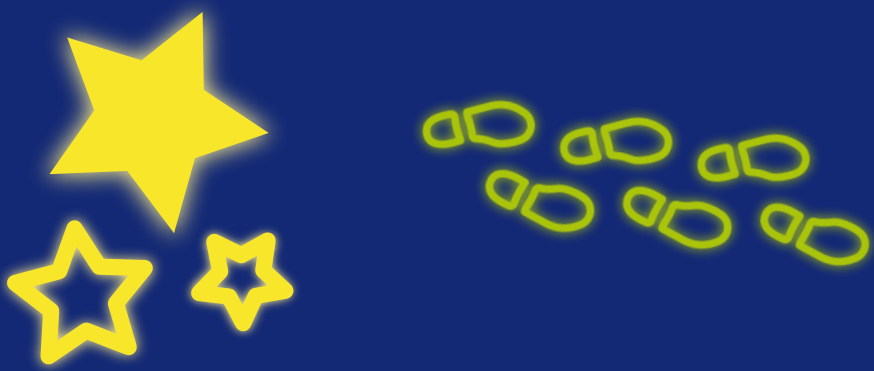




Shine Night Walk 10k

4 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 and hill training	Day 5 Brisk pace walk	Day 6 Rest day. Something to think about on your next walk...	Day 7 Long walk
4	I am capable of great things 	45 mins 	Use today to rest if your body needs it, or take part in other types of exercise... 	4k Interval 1 slow, 2 brisk, 1 slow 	75 mins 	What are you thankful for today? 	5k
3	I am stronger than I realise 	60 mins 	Sign up to a fitness class Use the cross-trainer 	5k - Hill training At least 6 bursts - 2 mins up, recovery down 	90 mins 	What made you smile today? 	7k
2	I treat myself with loving kindness 	75 mins 	Go for a swim Do some yoga 	6k Interval 2 slow, 2 brisk, 2 slow 	60 mins 	What is your greatest achievement? 	8k
1	I can and I will 	30 mins 	Stretch! 	2k easy 	30 mins 	Who are you dedicating your Shine Night Walk to? 	Your Shine Night Walk