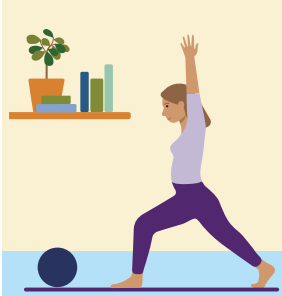
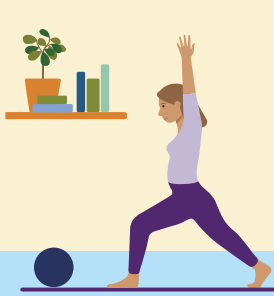


Weeks to go	Rest day Your positive affirmation for the week	Walk day 1 Medium-fast pace	Walk day 2 Challenge day!	Rest day Alternative training/rest	Walk day 3 Easy-medium pace	Walk day 4 Long Walk	Rest day Alternative training/rest
16	I am energised	40 minutes	3 miles interval 1 slow, 1 brisk, 1 slow	Aim to fully rest at least 1 day a week.	20-30 minutes	3 miles	Aim to fully rest at least 1 day a week.
15	I choose to be kind to myself	40 minutes	2 miles hill training At least 8 varied bursts of a brisk walk	Today could be a good day to do some yoga or some extra stretching.	40 minutes	4 miles	Today could be a good day to do some yoga or some extra stretching.
14	I cherish my body	60 minutes	3 miles random intervals At least 8 varied bursts of a brisk walk		1.5 hours	4 miles	
13	I wake each day rested and full of energy	40 minutes	4 miles interval 1 slow, 2 brisk, 1 slow		1 hour	5 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	60 minutes	4 miles hill training Aim for 6x 2 minute bursts uphill, recovery down		45-60 minutes	5 miles	
11	I choose to be happy and love myself today	40 minutes	3 miles random intervals At least 8 varied bursts of a brisk walk	If you participate in other types of sport, today could be a good day to schedule that in.	45 minutes	6 miles	It may be the same person next week or it may be a different person for each of your walks.
10	I am powerful and unstoppable	90 minutes	3 miles interval 1 slow, 1 brisk, 1 slow		1 hour	7 miles	
9	I am stronger than I realise	60 minutes	3 miles hill training Aim for 8x 2 minute bursts uphill, recovery down		1.5 - 2 hours	6 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	40 minutes	4 miles random intervals At least 10 varied bursts of a brisk walk	Aim to fully rest at least 1 day a week.	45-60 mins	7 miles	Aim to fully rest at least 1 day a week.
7	I am proud to be me	60 minutes	4 miles interval 1 slow, 2 brisk, 1 slow	Today could be a good day to do some yoga or some extra stretching.	1 hours	8 miles	Today could be a good day to do some yoga or some extra stretching.
6	Everything is possible	90 minutes	5 miles hill training Aim for 6x 2 minute bursts uphill, recovery down		1.5 - 2 hours	8 miles	
5	I am happy with who I am	90 minutes	5 miles random intervals At least 8 varied bursts of a brisk walk		2 - 2.5 hours	7 miles	
4	Everything I do leads me closer to a healthier body and mind	60 minutes	6 miles interval 1 slow, 2 brisk, twice		2 hours	9 miles	Why not use today to have a think about who you are going to dedicate your next week of training to.
3	I have complete power over my wellbeing	90 minutes	3 miles hill training Aim for 6x 2 minute bursts uphill, recovery down		1.5 - 2 hours	10 miles	
2	My body is getting stronger and stronger each day	30 minutes	3 miles random intervals At least 8 varied bursts of a brisk walk		1 hour	5 miles	
1	I've got this	30 minutes	2 miles easy	If you participate in other types of sport, today could be a good day to schedule that in.	1 hour	Half Marathon Day!	If you start to struggle, remember your dedication and let it push you forward.