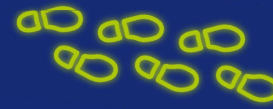


Shine Night Walk Half Marathon

8 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 & hill training	Day 5 Brisk pace walk	Day 6 Rest day. Something to think about on your next walk...	Day 7 Long walk
8	Everything is possible ✓	40 mins	Use today to rest if your body needs it, or take part in other types of exercise...	3 miles Interval 1 slow, 1 brisk, 1 slow	40 mins	What are you thankful for today?	4 miles
7	I celebrate life ✓	1.5 hours	Sign up to a fitness class	3 miles - Hill training At least 8 bursts - 2 mins up, recovery down	40 mins	What is your favourite movie and why?	6 miles
6	I treat my body with love and respect ✓	1 hour	Use the cross-trainer	4 miles - Fartlek intervals At least 10 bursts briskly	60 mins	What is one thing you cannot live without?	7 miles
5	My body is getting stronger and stronger each day ✓	1 hour	Go for a swim	4 miles Interval 1 slow, 2 brisk, 1 slow	60 mins	What made you smile today?	8 miles
4	My stamina increases every day ✓	1.5 - 2 hours	Do some yoga	5 miles - Hill training At least 6 bursts - 2 mins up, recovery down	90 mins	What is your greatest achievement?	9 miles
3	I choose to be kind to myself ✓	2 - 2.5 hours	Stretch!	5 miles - Fartlek intervals At least 8 bursts briskly	60 mins	What was your favourite subject at school?	10 miles
2	I am stronger than I realise ✓	2 hours		6 miles Interval 2 slow, 2 brisk, 2 slow	90 mins	What have you learnt about yourself during training?	5 miles
1	I've got this ✓	1 hour		2 miles easy	30 mins	Who are you dedicating your Shine Night Walk to?	Your Shine Night Walk