

Shine Night Walk Full Marathon

16 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
16	I am capable of great things ✓	30-45 mins	Rest days are a really important part of your training. Make sure you take at least 1 full day a week for your body to repair and reset. Why not spend some extra time stretching today, it is so important to keep you flexible and injury free as you lead up to the big day! 	3 miles Interval 1 slow, 1 brisk, 1 slow	1 hour	What are you thankful for today?	6 miles
15	Challenges are good for me ✓	1 hour		4 miles – Hill training At least 6 bursts – 2 mins up, recovery down	1 hour	What is your favourite movie and why?	8 miles
14	In this moment all is well ✓	1 – 1.5 hours		2 miles – Fartlek intervals At least 8 varied bursts briskly	1.5 hours	What made you laugh today?	10 miles
13	I've got this ✓	1 – 1.5 hours		4 miles Interval 1 slow, 2 brisk, 1 slow	1.5 hours	What is one thing you cannot live without?	8 miles
12	I am stronger than I realise ✓	1- 2 hours		6 miles – Hill training At least 6 bursts – 2 mins up, recovery down	2 hours	What song(s) inspire you?	12 miles
11	I focus on what I can control ✓	1.5-2 hours		4 miles – Fartlek intervals At least 8 bursts briskly	2 hours	Who are you thankful for today?	9 miles
10	I appreciate myself for everything that I am ✓	1 hour		5 miles Interval 1 slow, 3 brisk, 1 slow	2.5 hours	What are your 5 strengths?	14 miles
9	I am powerful and unstoppable ✓	1.5-2 hours		6 miles – Hill training At least 8 bursts – 2 mins up, recovery down	2 hours	How many countries have you visited?	11 miles
8	Everything is possible ✓	2 hours		7 miles – Fartlek intervals At least 10 bursts briskly	1.5 hours	What skill would you like to learn?	16 miles
7	Peace flows through my mind and body ✓	2 – 2.5 hours		6 miles Interval 1 slow, 4 brisk, 1 slow	2 hours	What was your favourite tv show as a child?	13 miles
6	I treat myself with loving kindness ✓	2 – 2.5 hours	Make sure you get enough sleep and always stay hydrated, especially when training in the warmer months! 	7 miles – Hill training At least 8 bursts – 2 mins up, recovery down	2.5 hours	What made you smile today?	18 miles
5	I am brimming with power, strength and light ✓	2.5 hours		6 miles – Fartlek intervals At least 8 bursts briskly	2.5 hours	What is your greatest achievement?	15 miles
4	I am grateful for my health ✓	2 hours		6 miles Interval 1 slow, 4 brisk, 1 slow	3 hours	What was your favourite subject at school?	20 miles
3	I feel at home in my body ✓	1.5 – 2 hours		6 miles – Hill training At least 6 bursts – 2 mins up, recovery down	2.5 hours	What are you thankful for from this last year?	17 miles
2	I grow with every challenge ✓	1 hour		4 miles – Fartlek intervals At least 8 bursts briskly	2 hours	What have you learnt about yourself during training?	10 miles
1	I can and I will ✓	1 hour		3 miles Interval 1 slow, 1 brisk, 1 slow	1 hour	Who are you dedicating your Shine Night Walk to?	Your Shine Night Walk