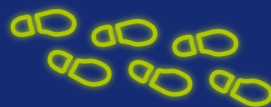


Shine Night Walk Half Marathon

12 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
12	I am capable of great things ✓	20-30 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?	3 miles
11	Challenges are good for me ✓	40 mins		3 miles – Hill training At least 4 bursts – 2 mins up, recovery down	40 mins	What is your favourite movie and why?	4 miles
10	I've got this ✓	1.5 hours		3 miles – Fartlek intervals At least 8 bursts briskly	60 mins	What is one thing you cannot live without?	5 miles
9	I am stronger than I realise ✓	1 hour	Sign up to a fitness class	3 miles Interval 1 slow, 1 brisk, 1 slow	60 mins	What song(s) inspire you?	6 miles
8	I appreciate myself for everything that I am ✓	45 mins		3 miles – Hill training At least 8 bursts – 2 mins up, recovery down	40 mins	Who are you thankful for today?	7 miles
7	I am powerful and unstoppable ✓	1 hour	Use the cross-trainer	4 miles – Fartlek intervals At least 10 bursts briskly	90 mins	What skill would you like to learn?	7 miles
6	Everything is possible ✓	1.5 – 2 hours		4 miles Interval 1 slow, 2 brisk, 1 slow	60 mins	What was your favourite tv show as a child?	8 miles
5	I treat myself with loving kindness ✓	1 hour	Go for a swim	5 miles – Hill training At least 6 bursts – 2 mins up, recovery down	60 mins	What made you smile today?	7 miles
4	I am brimming with power, strength and light ✓	2 – 2.5 hours		5 miles – Fartlek intervals At least 8 bursts briskly	90 mins	What is your greatest achievement?	9 miles
3	I feel at home in my body ✓	2 hours	Do some yoga	6 miles Interval 2 slow, 2 brisk, 2 slow	90 mins	What was your favourite subject at school?	10 miles
2	I grow with every challenge ✓	1 hour		3 miles – Hill training At least 6 bursts – 2 mins up, recovery down	30 mins	What have you learnt about yourself during training?	5 miles
1	I can and I will ✓	1 hour		2 miles easy	30 mins	Who are you dedicating your Shine Night Walk to?	Your Shine Night Walk