

Weeks to go	Rest day Your positive affirmation for the week	Walk day 1 Medium-fast pace	Walk day 2 Challenge day! (or substitute for an alternative workout!)	Rest day Alternative training/rest	Walk day 3 Easy-medium pace	Walk day 4 Long walk	Rest day Alternative training/rest
6	I am energised	2 hours	5 miles intervals 1 slow, 3 speed, 1 slow	Aim to fully rest at least 1 day a week. Today could be a good day to do some yoga or some extra stretching. 	1-1.5 hours	12-14 miles	Why not use today to have a think about who you are going to dedicate your next week of training to. It may be the same person next week or it may be a different person for each of your walks. If you start to struggle, remember your dedication and let it push you forward.
5	I am powerful and unstoppable	2.5 hours	6 miles - hill training Aim for 8x 2 minute bursts uphill, recovery down		1 hour	16 miles	
4	I am stronger than I realise	2.5 hours	7 miles random intervals at least 10 varied bursts of a brisk walk		1.5-2 hours	18 miles	
3	I am proud to be me	3 hours	6 miles intervals 1 slow, 2 brisk, twice	Training with only 6 weeks to go carries with it extra risk of injury, make sure you listen to your body and take rest when needed	2-2.5 hours	20-22 miles	
2	Everything is possible	2 hours	4 miles random intervals at least 8 varied bursts of a brisk walk		2 hours	10 miles	
1	I've got this	1 hour	3 miles interval 1 slow, 1 brisk, 1 slow		1 hour	Marathon day!	