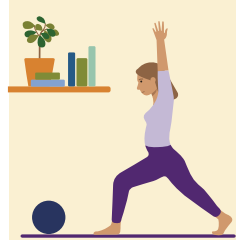


| Weeks to go | Rest day<br>Your positive affirmation for the week           | Walk day 1<br>Medium-fast pace | Walk day 2<br>Challenge day!                                         | Rest day<br>Alternative training/rest                                                      | Walk day 3<br>Easy-medium pace | Walk day 4<br>Long walk | Rest day<br>Alternative training/rest                                                                |
|-------------|--------------------------------------------------------------|--------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------|-------------------------|------------------------------------------------------------------------------------------------------|
| 8           | I am energised                                               | 45 minutes                     | 3k interval<br>1 slow, 1 brisk, 1 slow                               | Aim to fully rest at least 1 day a week.                                                   | 30 minutes                     | 4k                      | Aim to fully rest at least 1 day a week.                                                             |
| 7           | I choose to be kind to myself                                | 45 minutes                     | 3k hill training<br>Aim for 6x 2 minute bursts uphill, recovery down | Today could be a good day to do some yoga or some extra stretching.                        | 60 minutes                     | 5k                      | Today could be a good day to do some yoga or some extra stretching.                                  |
| 6           | Everything is possible                                       | 60 minutes                     | 4k random intervals<br>at least 8 varied bursts of a brisk walk      |                                                                                            | 45 minutes                     | 6k                      |                                                                                                      |
| 5           | I am happy with who I am                                     | 60 minutes                     | 4k interval<br>1 slow, 2 brisk, 1 slow                               |                                                                                            | 60 minutes                     | 6k                      |                                                                                                      |
| 4           | Everything I do leads me closer to a healthier body and mind | 75 minutes                     | 5k hill training<br>Aim for 6x 2 minute bursts uphill, recovery down |        | 60 minutes                     | 7k                      | 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                     | 5k random intervals<br>at least 8 varied bursts of a brisk walk      |                                                                                            | 75 minutes                     | 8k                      |                                                                                                      |
| 2           | My body is getting stronger and stronger each day            | 60 minutes                     | 6k interval<br>2 slow, 2 brisk, 2 slow                               | If you participate in other types of sport, today could be a good day to schedule that in. | 45 minutes                     | 5k                      | It may be the same person next week or it may be a different person for each of your walks.          |
| 1           | I've got this                                                | 30 minutes                     | 2k easy                                                              |                                                                                            | 30 minutes                     | 10k Day!                |                                                                                                      |
|             |                                                              |                                |                                                                      |                                                                                            |                                |                         | If you start to struggle, remember your dedication and let it push you forward.                      |