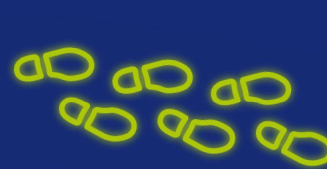


Shine Night Walk 10k

8 week training plan



	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 ✓	30 mins 	Use today to rest if your body needs it, or take part in other types of exercise... 	3k Interval 1 slow, 1 brisk, 1 slow 	45 mins 	What are you thankful for today? 	4k 
7	I celebrate life ✓	60 mins 		3k - Hill training At least 8 bursts - 1 min up, recovery down 	45 mins 	What is your favourite movie and why? 	5k 
6	I treat my body with love and respect ✓	45 mins 		4k - Fartlek intervals At least 8 bursts briskly 	60 mins 	What is one thing you cannot live without? 	6k 
5	My body is getting stronger and stronger each day ✓	60 mins 	Sign up to a fitness class 	4k Interval 1 slow, 2 brisk, 1 slow 	60 mins 	What made you smile today? 	6k 
4	My stamina increases every day ✓	60 mins 	Use the cross-trainer 	5k - Hill training At least 6 bursts - 2 mins up, recovery down 	75 mins 	What is your greatest achievement? 	7k 
3	I choose to be kind to myself ✓	75 mins 	Go for a swim 	5k - Fartlek intervals At least 8 bursts briskly 	90 mins 	What was your favourite subject at school? 	8k 
2	I am stronger than I realise ✓	45 mins 	Do some yoga 	6k Interval 2 slow, 2 brisk, 2 slow 	60 mins 	What have you learnt about yourself during training? 	5k 
1	I've got this ✓	30 mins 	Stretch! 	2k easy 	30 mins 	Who are you dedicating your Shine Night Walk to? 	Your Shine Night Walk 