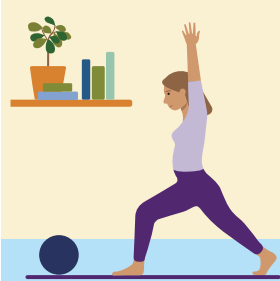
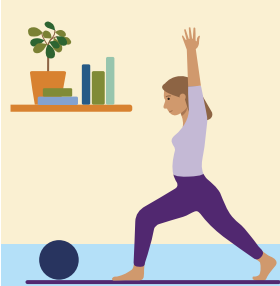


Weeks to go	Rest day Your positive affirmation for the week	Walk day 1 Medium-fast pace	Walk day 2 Challenge day! (or substitute for an alternative workout!)	Rest day Alternative training/rest	Walk day 3 Easy-medium pace	Walk day 4 Long walk	Rest day Alternative training/rest
10	I am energised	40 minutes	4 miles interval 1 slow, 2 brisk, 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.  If you participate in other types of sport, today could be a good day to schedule that in.	40 minutes	4 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.
9	I create the life I deserve	60 minutes	4 miles - hill training Aim for 6x 2 minute bursts uphill, recovery down		1.5 hours	5 miles	
8	I choose to be happy and love myself today	40 minutes	3 miles - random intervals at least 8 varied bursts of a brisk walk		45-60 minutes	7 miles	
7	I am powerful and unstoppable	90 minutes	3 miles interval 1 slow, 1 brisk, 1 slow		1 hour	6 miles	
6	I am stronger than I realise	60 minutes	3 miles - hill training Aim for 8x 2 minute bursts uphill, recovery down		1.5-2 hours	7 miles	

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
5	I am proud to be me	60 minutes	4 miles - random intervals at least 10 varied bursts of a brisk walk	Aim to fully rest at least 1 day a week. Today could be a good day to do some yoga or some extra stretching.  If you participate in other types of sport, today could be a good day to schedule that in.	45-60 minutes	8 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.
4	Everything is possible	90 minutes	6 miles intervals 1 slow, 2 brisk, twice		1.5 - 2 minutes	9 miles	
3	Everything I do leads me closer to a healthier body and mind	60 minutes	5 miles - hill training Aim for 6x 2 minute bursts uphill, recovery down		2 - 2.5 minutes	10 miles	
2	My body is getting stronger and stronger each day	90 minutes	3 miles - random intervals at least 8 varied bursts of a brisk walk		1.5 - 2 minutes	5 miles	
1	I've got this	30 minutes	2 miles easy		1 minutes	Half marathon day!	