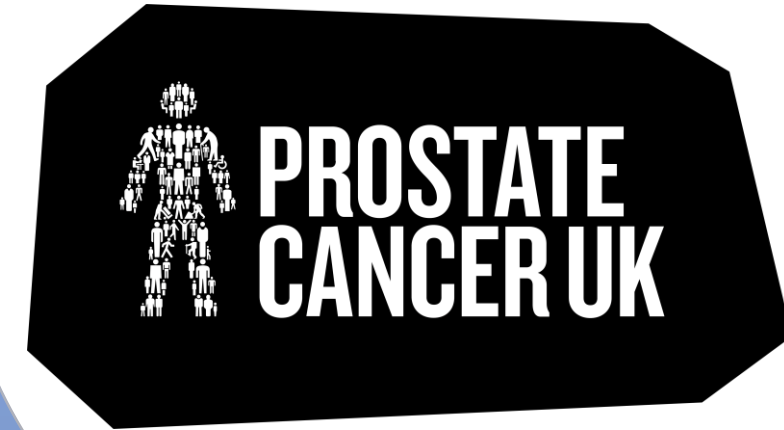


# 20km WALK -TRAINING PLAN - BEGINNERS



This training plan is designed to help you reach the start line of a 20km walk feeling prepared, confident, and ready to achieve your goal. It's ideal for beginners who want to complete their first 20km event, such as a community walk or charity challenge

## IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Walking Guide, which gives more detail on the structure of the walking sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

## WHY TRAIN THIS WAY?

If you always do the same type of walk, your progress can plateau. This plan adds variety, structure, and gradual progression to your training. It will challenge you at different effort levels and steadily build your endurance, strength, and confidence to complete your 20km walk comfortably and successfully

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Strength/Core and optional easy walk 30	30 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery	Rest	10 mins steady walking + 8x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Rest	Easy walk 75 minutes off road if possible
<b>2</b>	Strength/Core and optional easy walk 30	30 minute walk to include 5 x 4 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 10 x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Rest	Easy 1:45 minutes off road if possible
<b>3</b>	Strength/Core and optional easy walk 30	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 12 x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Rest	Easy 2 hour off road if possible
<b>4</b>	Strength/Core and optional easy walk 30	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 6-8 x 2 minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Rest	Easy 2:15 off road if possible
<b>5</b>	Strength/Core and optional easy walk 30 minutes	45minute walk to include 6 x 5 minutes brisk effort, 90s easy recovery	Rest	40 minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery	Rest	Rest	Easy 1:45 off road if possible
<b>6</b>	Strength/Core and optional easy walk 30 minutes	45minute walk to include 6 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 8 x 2-3 minute brisk up and down hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Rest	Easy 2:30 walk off road

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7</b>	Strength/Core and optional easy walk 30 minutes	45 minute walk to include 3 x 10 minutes brisk effort, 120s easy recovery	Rest	Optional cross training – easy 30-40 minutes	Rest	Rest	2:45 easy and off road
<b>8</b>	Strength/Core and optional easy walk 30 minutes	50-60 minute walk to include 3 x 10 minutes brisk effort, 90s easy recovery	Rest	Optional cross training – easy 45-60 minutes	Rest	Rest	3 hour easy and off road
<b>9</b>	Strength/Core and optional easy walk 30 minutes	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker	Rest	Optional cross training – easy 45-60 minutes	Rest	Rest	3:15 walk
<b>10</b>	Strength/Core and optional easy walk 30 minutes	40 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	40 minute easy cross training	Rest	Rest	2:15 all easy
<b>11</b>	Strength/Core and optional easy walk 30 minutes	40 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins quicker over an undulating route	Rest	Optional cross training – easy 45-60 minutes	Rest	Rest	3:30 easy walk off road
<b>12</b>	Sttenght/Core and optional easy walk 30 minutes	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins quicker over an undulating route	Rest	Optional cross training – easy 30-45 minutes	Rest	Rest	20km walk! Good luck!

- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add strength conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.

All training plans are here to give you a general direction of travel and we fully expect you to move days around to fit your lifestyles. Please use these training plans as a point of reference to help you with the type of runs and sessions and give you general structure towards Always substitute cross-training for walking if you're injured, very sore, or conditions aren't safe to walk outside.

If you have time, include strength training, Pilates, or yoga once or twice a week to improve balance, posture, and overall fitness.

Aim to stretch every day for at least 10 minutes to maintain flexibility and aid recovery.

Always walk at the recommended effort levels — don't push too hard. Fatigue builds up over time, so listen to your body and take extra rest when needed.

This plan is meant to provide guidance and structure, but it's flexible — feel free to adjust the schedule to fit your lifestyle. Use it as a roadmap to stay consistent and progress steadily toward your 10km walking goal.



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