

PROSTATE CANCER UK FOOTBALL MARCH

26 mile walk 8 week plan

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Using this plan

A full glossary of the walks and sessions in this plan can be found in our training guide. This page outlines the key elements.

About the plan

Do I need to follow a plan? The purpose of a plan is to add variety, structure and progression to your training and as a result push your fitness along faster...and hopefully more enjoyably! If you don't want to follow this plan or have your own routine that is perfectly fine too.

What to expect

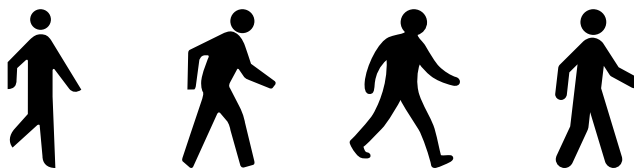
This training plan is designed to get you ready and prepared for the Football March, where you'll be tackling a marathon walk of 26.2 miles. The plan will build gradually over the course of 8 weeks and will include walking sessions which mirror some of the demands of the event.

Taking control

No training plans are set in stone. View your training as a journey - it might not always go smoothly. Feel free to chop and change the plan and shift walks to different days that may work better for you.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient.

- **Interval training:** On these walks, switch up your walk with periods of short sprints where you pick up your walking pace. Use landmarks as targets and practice walking down hill.
- **Hilly walks:** Practise walking at an incline, this builds strength and endurance and gets you prepared for the route.
- **Cross training:** Swimming, running, rowing etc. All of these can be used to give you a great fitness boost.
- **Brisk walks:** On these days we ask you to include blocks of effort to raise your heart rate a little as you walk.
- **Easy walks or long walks:** Find easy routes along flat land or paths and get used to being on your feet for a long time. Bring a friend and have a chat.
- **Rest:** Rest is critical for adaptation and progression. Ensure you do some light stretching on these days.



Weeks 1-4

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core	Brisk walk: 20min walk to include 3x4 minute brisk effort. With 2min easy recovery.	Rest	Brisk walk: 40min walk to include 4x5 minute brisk effort. With 90sec easy recovery.	Rest	Cross training: (swim, bike, cross trainer, rower) 30-40mins easy effort.	Long walk: 1hr 30mins - 1hr 45mins easy walk.
2	Core	Brisk walk: 45min walk to include 6x5 minute brisk effort. With 90sec jog recovery.	Rest	Hilly walk: 10min steady walk. 12x90sec brisk up hill effort. Recovery 10min steady walk.	Rest	Cross training: (swim, bike, cross trainer, rower) 30-40mins easy effort.	Long walk: 2hr 15mins - 2hr 45mins easy walk.
3	Core	Brisk walk: 45min walk to include 3x10 minute brisk effort. With 2min jog recovery.	Rest	Hilly walk: 40min interval training walk using hills where possible.	Rest	Cross training: (swim, bike, cross trainer, rower) 30-40mins easy effort.	Long walk: 3hr 15mins - 3hr 30mins easy walk.
4	Core	Brisk walk: 45min walk to include 3x10 minute brisk effort. With 90sec jog recovery.	Rest	Cross training: 45-60mins easy effort.	Rest	Interval hike: 30-45min hilly interval walk using landmarks.	Long walk: 3hr 30mins - 3hr 45mins easy walk.

Weeks 5-8

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Core	Brisk walk: 45min walk. With the final 25min at a brisk effort.	Rest	Cross training: 45-60mins easy effort.	Rest	Hilly walk: 60min interval walk using hills where possible.	Long walk: 30-32km walk with final 10km at a brisk effort.
6	Core	Brisk walk: 45min walk. With the final 25min at a brisk effort.	Rest	Cross training: 45-60mins easy effort.	Rest	Hilly walk: 45min interval walk using hills where possible.	Long walk: 2hr 30mins with the final 60mins at a brisk effort.
7	Core	Brisk walk: 40min walk. To include 5x5min brisk effort. 90secs easy recovery.	Rest	Cross training: 45mins easy effort.	Rest	Interval walk: 30min interval walk.	Long walk: Easy 90min walk all at a relaxed effort.
8	Core	Brisk walk: 30-40min walk to include 3x5min brisk effort. 90secs easy recovery.	Rest	Cross training: 15-20mins easy effort.	Rest	Event weekend. Good luck!	Event weekend. Good luck!

Good luck!

Remember

- You can always substitute your walks with cross training if your legs are tired or sore or if you want a change.
- Please add strength and conditioning, for example Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Vary your routes and enjoy every walk!



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