

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core and optional easy walk 30 minutes	30 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery	Rest	10 mins steady walking + 10 x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training (swim, run, bike, cross trainer, rowing) - easy 30 minutes	Easy walk 60 minutes off road if possible
2	Core and optional easy walk 30 minutes	30 minute walk to include 5 x 4 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	Optional cross training - easy 30 minutes	Easy 70-80 minutes off road if possible
3	Core and optional easy walk 30-40 minutes	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 8 x 2 minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training - easy 30-40 minutes	Easy 1 hour 20-30 minutes off road if possible
4	Core and optional easy walk 30-40 minutes	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 10 x 2 minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training - easy 30-40 minutes	Easy 1 hour 30-40 minutes off road if possible
5	Core and optional easy walk 30-40 minutes	20 minute walk to include 3 x 4 minutes brisk effort over a hilly route, 2 minute easy effort recovery	Rest	50 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	Optional cross training - easy 30-40 minutes	Easy 1 hour 15 minutes off road if possible
6	Core and optional easy walk 30-40 minutes	45 minute 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	Optional cross training - easy 30-40 minutes	Easy 1 hour 40 - 50 minutes off road

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7	Core and optional easy walk 30-40 minutes	45 minute walk to include 3 x 10 minutes brisk effort, 120s easy recovery	Rest	10 mins steady walking + 3 x 10 minute brisk up and down hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training - easy 30-40 minutes	2 hours easy and off road
8	Core and optional easy walk 30-40 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	30-45 minute 'fartlek' walk using landmarks	2 hour 15 minutes off road
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	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 over an undulating route	Rest	Optional cross training - easy 45-60 minutes	Rest	30-45 minute 'fartlek' walk using landmarks	4 hour walk with the final 60-90 minutes to include brisk up hill efforts
10	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	30-40 minute easy walk	2 hours all easy
11	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 over an undulating route	Rest	Optional cross training - easy 45-60 minutes	Rest	45-60 minute 'fartlek' walk using landmarks	25km off road walk with 3 x 3km at a brisk effort over a undulating route
12	Core and optional easy walk 30 minutes	50 minute 'out and back' walk - walk out for 25 minutes, turn and	Rest	Optional cross training - easy 45-60 minutes	Rest	60 minute 'fartlek' walk using landmarks over a hilly route	4-5 hour easy walk

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		get back to the start 2-3 mins quicker					
13	Core and optional easy walk 30 minutes	45-60 minutes with the final 25 at a brisk effort over and undulating route	Rest	Optional cross training - easy 45-60 minutes	Rest	60 minute 'fartlek' walk using landmarks	30-32km off road walk with the final 10km to include brisk hills
14	Core and optional easy walk 30 minutes	45-60 minutes with the final 25 at a brisk effort over and undulating route	Rest	Optional cross training - easy 45-60 minutes	Rest	45 minute 'fartlek' walk using landmarks	2 hour 30 minute walk off road with the final 60 minutes at a brisk effort over hills
15	Core and optional easy walk 30 minutes	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	Optional cross training - 30-45 minutes	Rest	30 minute 'fartlek' walk using landmarks	90 minute easy relaxed walk
16	Core and optional easy walk 30 minutes	30-40 minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery	Rest	15-20 minute easy walk	Rest	50km trek GOOD LUCK	Rest