



HIT THE ROAD 2019

Short Walk Training Plan

It's a good idea to do some walking in preparation for the walk. Although you don't have to stick rigidly to this training plan, it is worth building up to the walk by doing some of the longer walks.

Week Beginning	Weekend Distance	Midweek Distance
	1 walk of	2 walks of
16/02/2019	1 mile	1 mile
23/02/2019	2 mile	1 mile
02/03/2019	2 miles	1 mile
09/03/2019	3 miles	1.5 miles
16/03/2019	4 miles	2 miles
23/03/2019	5 miles	2.5 miles
30/03/2019	6 miles	3 miles
06/04/2019	7 miles	3.5 miles
13/04/2019	8 miles	4 miles
20/04/2019	8 miles	4 miles
27/04/2019	4 miles speed	2 miles
04/05/2019	The Big Day	



HIT THE ROAD 2019

Full Walk Training Plan

It's a good idea to do some walking in preparation for the walk. Although you don't have to stick rigidly to this training plan, it is worth building up to the walk by doing some of the longer walks.

This year there are some hills in the first half of the walk. Some of these are quite steep. It would be worth finding some hilly walks to do to prepare for 4th May

Week Beginning	Weekend Distance	Midweek Distance
	1 walk of	2 walks of
09/02/2019	2 miles	1 mile
16/02/2019	3 miles	2 miles
23/02/2019	4 miles	3 miles
02/03/2019	5 miles	3 miles
09/03/2019	6 miles	4 miles
16/03/2019	8 miles	4 miles
23/03/2019	10 miles	5 miles
30/03/2019	12 miles	6 miles
06/04/2019	14 miles	6 miles
13/04/2019	16 miles	6 miles
20/04/2019	16 miles	7 miles
27/04/2019	5 miles speed	3 miles
04/05/2019	The Big Day	