**Welcome to your Walk Together training plan**

Follow the guide below as much as you can but don't worry if you miss a day, simply start again as soon as you can. You can use the guide for 8 weeks or jump in at 6 or 4 weeks if you feel you're fit enough. Your overall aim is to be comfortable doing a 90 minute walk .Why not put the training guide on your fridge so it’s easy for you to see each day and track your progress.

Walking is such a great way to stay fit, and it couldn't be easier, all you need is yourself and a good pair of trainers or walking boots and you're ready to go! Enjoy!

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Monday | Rest | Rest | Rest | Rest | Rest | Rest | Rest | Rest |
| Tuesday | 10 min walk | 15 min walk | 10 min walk | 15 min walk | 20 min walk | 20 min walk | 20 min fast walk | 20 min fast walk |
| Wednesday | Rest | Rest | Rest | Rest | Rest | Rest | Rest | Rest |
| Thursday | 10 min walk | 10 min walk | 15 min walk | 20 min walk | 30 min walk | 30 min walk | 30 min walk | 30 min fast walk |
| Friday | 10 min walk | 15 min walk | 20 min walk | 30 min walk | 20 min fast walk | 20 min fast walk | 20 min fast walk | 30 min walk |
| Saturday | Rest | Rest | Rest | Rest | Rest | Rest | Rest | Rest |
| Sunday | 15 min walk | 20 min walk | 30 min walk | 40 min walk | 50 min walk | 60/70 min walk | 70/80 min walk | 90/100 min walk |

**Top tips for training**

Make sure you break in your trainers or walking boots before the day of the event

Why not plan your walks around your route to work? You could even get off the bus a stop earlier each day

Plan interesting routes - you'll find the time goes much quicker and you might even get to know a little more about your area Take a friend along. It's so much more fun with some company

Dress for the weather. You never know when it might rain and you'll want to be prepared for it

Enjoy it! A 5 mile walk is a very achievable distance even if you feel it's quite far at the moment, just stick to the plan and you'll be ready to pound those pavements in September

**Top tips for the big day**

Pack a waterproof & sunscreen just in case Wear the right socks to avoid blisters

Make sure you've worn your clothing before so you know it will be comfortable Bring snacks in case you get a little peckish along the way

Make sure you have enough water; you might be a little thirstier than usual, especially if it's a sunny day

Don't forget to wear your Walk Together t-shirt

Take your time and enjoy it! It's not a race, relax and take in your surroundings