

THE PLAN BLOCK 1

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1	REST	2km	2km	REST	REST	3km	3km	
2	REST	2km	3km	REST	REST	5km	5km	
3	REST	4km	4km	REST	4km	4km	4km	
4	REST	2km	3km	REST	REST	2km	3km	

THINGS TO THINK ABOUT

WEEK		KM
1	Here we are at the beginning of your journey! In 20 short weeks you'll walk the equivalent of two ultra marathons in one day! To start, just aim to be consistent.	10km
2	Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up, we add an extra walk in next week.	15km
3	Another solid week banked. If the distances don't seem too great at the moment, remember that it's all about consistency at this stage. Keep ticking them off. Easy week next week before we enter Block 2.	20km
4	Well done on completing your first block! Enjoy some down time, both physically and mentally.	10km

THE PLAN

BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	2km	5km	REST	REST	5km	8km	
6	REST	5km	5km	REST	REST	5km	10km	
7	REST	5km	8km	REST	REST	2km	15km	
8	REST	5km	10km	REST	REST	5km	15km	
9	REST	REST	7km	REST	REST	5km	8km	

THINGS TO THINK ABOUT

WEEK		KM
5	Make sure you get out there and complete the kms even when you don't want to. Use the time for planning, thinking and bonding with friends and family.	20km
6	This weekend you'll hit the 10km walk. Congratulate yourself and enjoy the day off on Sunday. You've earned it. Next week you aim for your first 15km!	25km
7	Your first 15km comes this weekend. During your walk, make sure you eat and drink well and, if possible, complete it on similar terrain to the event.	30km
8	It should feel easier after banking last weekend. Consistency is key so log those miles and reward yourself for every single session with good recovery.	35km
9	This week will feel very easy compared to the last few weeks. Well done for getting this far. You're now half way!	20km

THE PLAN

BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	10km	5km	REST	5km	15km	REST	
11	REST	Hills 5km	6km	6km	REST	15km	10km	
12	REST	Hills 5km	10km	REST	REST	20km	10km	
13	REST	Hills 5km	10km	2km	REST	15km	15km	
14	REST	Hills 5km	REST	2km	REST	10km	REST	

THINGS TO THINK ABOUT

WEEK		KM
10	Pay close attention to what shoes and clothing you feel comfiest in as the miles increase.	35km
11	These longer back-to-back weekends are a brilliant way of developing strength and mental toughness.	42km
12	Make sure you carry plenty of food and drink and relax hard on the Sunday after your 10km.	45km
13	A long 15km back-to-back on the weekend will be testing, but if you've got this far then you definitely have the fitness to nail it.	47km
14	This will be the last relax before your taper week before the race! Rest hard because the next 4 weeks will be challenging. You can do this!	17km

THE PLAN

BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
15	REST	5km	5km	REST	REST	25km	15km	
16	REST	5km	Cross training	10km	REST	45km	REST	
17	REST	5km	Cross training	10km	REST	30km	20km	
18	REST	10km	5km	REST	REST	55km	REST	
19	REST	5km	5km	Cross training	REST	REST	5km	

THINGS TO THINK ABOUT

WEEK		KM
15	Focus on eating whole foods, maintaining good hydration and relaxing as much as possible on your rest days.	50km
16	Do this walk on similar terrain to that of the event. Include rolling hills and practice eating and drinking while on the move.	60km
17	Pushing the boundaries again this week with a hefty 50km spread over two days this weekend. Fuel well, it's a big weekend but you can do this.	65km
18	55km is a long way, but make it enjoyable and the sense of achievement will be huge! Walk on similar terrain to the event, eat and drink plenty.	70km
19	Well done. The training has been done. Take this week easy, just keep the legs ticking over.	15km

THE PLAN

FINAL WEEK

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
20	REST	4km	REST	REST	3km	RACE DAY!	RELAX & REVEL!	

THINGS TO THINK ABOUT

WEEK		KM
20	It'd be tempting to sit and carb-load all week, but I recommend you get out and walk twice (including the day before the event) just to keep your body from thinking it's finished training and shutting down!	107 km