THE PLAN
BLOCK 1

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

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 over two days! To start, just aim on being consistent. Tick all the sessions off, even though some may feel very short.	**8km**
2	Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up - distances increase slightly this week but it should still feel manageable.	**10km**
3	Each block will follow a similar format: three or four weeks of building mileage followed by an easy week. This is the last build week before an easy week next week. Earn the down time and tick off all three walks.	**14km**
4	Well done on completing your first block! Enjoy some down time, both physically and mentally.	**10km**

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THE PLAN
BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	3km	4km	REST	REST	3km	5km	
6	REST	5km	3km	REST	REST	4km	8km	
7	REST	2km	3km	REST	REST	5km	10km	
8	REST	5km	3km	REST	REST	8km	8km	
9	REST	REST	5km	REST	REST	5km	5km	

THINGS TO THINK ABOUT

WEEK		KM
5	It's important to get these regular walks in as the event requires you to walk two long days back-to-back. Keep working on consistency.	15km
6	This weekend you'll walk 8km on Sunday - this will be near two hours on your feet. Congratulate yourself and enjoy the achievement!	20km
7	Your first 10km this weekend. During the long walk, make sure you eat and drink well and, if possible, complete it on similar terrain	20km
8	Back to back 8km this weekend! Keep tapping the sessions out. Log those kms and reward yourself for every single session with good recovery.	24km
9	This week will feel very easy compared to the last few weeks. Well done for getting this far. Rest up and prepare for the next increase to Block 3.	15km

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THE PLAN
BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	3km	5km	Cross training	REST	12km	5km	
11	REST	4km	4km	Cross training	REST	11km	11km	
12	REST	4km	6km	Cross training	REST	13km	7km	
13	REST	3km	7km	Cross training	REST	12km	12km	
14	REST	5km	REST	Cross training	8km	5km	REST	

THINGS TO THINK ABOUT

WEEK		KM
10	Pay close attention to what shoes and clothing you feel comfiest in as the miles increase.	25km
11	Your first long back-to-back weekend. Doing long back-to-back sessions is a super way to build strength and mental toughness.	30km
12	Another solid week banked. Just one more to go before some down-time! Make sure you carry plenty of food and drink and relax hard on the Sunday!	30km
13	The 12km back-to-backs will be hard but if you've got this far then you definitely have the fitness to nail it.	34km
14	Rest hard because the next 4 weeks will be challenging. You can do this! Try and get that walk in on Friday so you can take Sunday totally off.	18km

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THE PLAN
BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
15	REST	10km	5km	Cross training	REST	10km	15km	
16	REST	5km	5km	REST	REST	15km	15km	
17	REST	5km	10km	Cross training	REST	23km	18km	
18	REST	5km	5km	REST	REST	25km	25km	
19	REST	5km	5km	Cross training	REST	10km	REST	

THINGS TO THINK ABOUT

WEEK		KM
15	Here we go! The final block. It's imperative to recover well between sessions so fuel well before, during and after each walk for optimal recovery.	40km
16	If possible, do this walk on trails similar to the event. Include plenty of rolling hills (~4-7%) and practice eating and drinking while on the move.	40km
17	Pushing the boundaries again this week with a 23km on Saturday followed by an 18km on Sunday. You'll certainly earned your Sunday evening rest!	56km
18	Completing 50km over two days is huge. Make an adventure of it: explore some new route, use the kit you intend on using at the event and eat the same food you will be eating.	60km
19	Well done. The training has been done. Take this week easy.	20km

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THE PLAN
FINAL WEEK

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
20	REST	4km	REST	REST	3km	RACE DAY 1!	RACE DAY 2!	

THINGS TO THINK ABOUT

WEEK		KM
20	Rather than rest all week, include two short walks to keep the legs moving. Rest lots, eat well and keep hydrated. Make sure you have all your kit ready by Wednesday, to allow time to buy anything you may have forgotten! GOOD LUCK!	107 km

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