

Suggested Training Guidelines

WEEK	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		Weekly Total	
	Suggested	Actual	Suggested	Actual	Suggested	Actual	Suggested	Actual	Suggested	Actual	Suggested	Actual	Suggested	Actual		
24	1.5m/3km				2.5m/4km				1.5m/3km		1.5m/3km				7m/13km	
23			2.5m/4km				2.5m/4km				1.5m/3km				6.5m/11km	
22	2.5m/4km				2.5m/4km				1.5m/3km		3m/5km				9.5m/16km	
21	2.5m/4km				2.5m/4km						2.5m/4km		1.5m/3km		9m/15km	
20			1.5m/3km				1.5m/3km				4m/6.5km				7m/12.5km	
19	2.5m/4km				2.5m/4km						1.5m/3km		3m/5km		9.5m/16km	
18	1.5m/3km				1.5m/3km				1.5m/3km						4.5m/9km	
17	1.5m/3km				2.5m/4km				1.5m/3km		4m/6.5km		1.5m/3km		11m/19.5km	
16	2.5m/4km				2.5m/4km				2.5m/4km		5m/8km		1.5m/3km		14m/23km	
15	2.5m/4km				3m/5km				3m/5km		6m/10km				14.5m/24km	
14	4m/6.5km				3m/5km				2.5m/4km		5m/8km		2.5m/4km		17m/27.5km	
13			3m/5km		4m/6.5km				3m/5km		6m/10km		2.5m/4km		18.5m/30.5km	
12	2.5m/4km				4m/6.5km				4m/6.5km						10.5m/17km	
11	4m/6.5km				4m/6.5km				3m/5km		6m/10km		4m/6.5km		21m/34.5km	
10			4m/6.5km		5m/8km				4m/6.5km		8m/13km				21m/34km	
9	5m/8km				4m/6.5km						7.5m/12km		5m/8km		21.5m/34.5km	
8			4m/6.5km		4m/6.5km				4m/6.5km		9m/15.5km		4m/6.5km		25m/41.5km	
7			4m/6.5km		4m/6.5km				3m/5km		11m/18km		5m/8km		27m/44km	
6			4m/6.5km		5m/8km				3m/5km						12m/19.5km	
5			4.5m/7km		3m/5km				3m/5km		12.5m/20km		6m/10km		29m/47km	
4			3m/5km				3m/5km				12.5m/20km		8.5m/13.5km		27m/44km	
3			3m/5km				3m/5km				6m/10km		6m/10km		18m/30km	
2	1.5m/3km				1.5m/3km						3m/5km		3m/5km		9m/16km	
1			1.5m/3km								DAY 1		DAY 2			

In the left column under each day is the suggested distance that you should walk. In the right column, fill in how far you actually walked that day.

These guidelines are just an ideal plan. If this plan doesn't fit into your schedule, please don't get discouraged and give up training altogether. Just do as much as you can, and do it consistently. But don't wait until a few weeks before the event to start training. Start now!