

16 WEEK TRAINING PLAN

WEEK	MON	TUE	WED	THURS	FRI	SAT	SUN
1		EASY WALK 4-6 km			CARDIO		EASY WALK 8 km
2		EASY WALK 4-6 km		CARDIO			MEDIUM WALK 10 km
3		CARDIO	EASY WALK 4-6 km	CARDIO			MEDIUM WALK 12 km
4		EASY WALK 4-6 km		HILL WALK 6-8 km			MEDIUM WALK 15 km
5		EASY WALK 6-8 km	CARDIO		CARDIO		MEDIUM WALK 20 km
6		EASY WALK 6-8 km		HILL WALK 8-10 km			LONG WALK 25 km
7		EASY WALK 6-8 km	CARDIO	CARDIO		TEAM WALK 20-25 km	TEAM WALK 20-25 km
8		EASY WALK 6-8 km		HILL WALK 8-10 km	CARDIO		LONG WALK 25-30 km
9		EASY WALK 6-8 km		CARDIO		TEAM WALK 25-30 km	TEAM WALK 25-30 km
10		EASY WALK 4-6 km		EASY WALK 4-6 km		EASY WALK 4-6 km	REST DAY
11		EASY WALK 6-8 km		CARDIO	NIGHT WALK 8-10 km		LONG WALK 30-35 km
12		EASY WALK 6-8 km		CARDIO			LONG WALK 40-50 km
13		EASY WALK 6-8 km		CARDIO	NIGHT WALK 8-10 km		MEDIUM WALK 20 km
14		EASY WALK 6-8 km		HILL WALK 8-10 km			MEDIUM WALK 12 km
15		EASY WALK 6-8 km		HILL WALK 6-8 km			EASY WALK 8 km
16		EASY WALK 4-6 km			EVENT WEEKEND		