

SUGGESTED TRAINING GUIDELINES

WEEK	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		Weekly Total (km)	
	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				2.5m/4km		12m/19.5km	
13			3m/5km						3m/5km		6m/10km		2.5m/4km		14.5m/24km	
12	2.5m/4km				4m/6.5km				4m/6.5km						10.5m/17km	
11	4m/6.5km				1.5m/3km				3m/5km		6m/10km		3m/5km		13.5m/23km	
10			4m/6.5km		5m/8km				4m/6.5km						13m/21km	
9	5m/8km				4m/6.5km								5m/8km		14m/22.5km	
8			4m/6.5km		1.5m/3km				4m/6.5km				4m/6.5km		12m/19.5km	
7			4m/6.5km		5m/8km				3m/5km				5m/8km		12.5m/22.5km	
6			4m/6.5km		3m/5km				3m/5km						12m/19.5km	
5			3m/5km						3m/5km				6m/10km		12m/25km	
4			3m/5km				3m/5km						6m/10km		12m/20km	
3							3m/5km				6m/10km				9m/15km	
2	1.5m/3km				1.5m/3km						3m/5km		3m/5km		9m/16km	
1			4m/6.5km								OneWalk!				19.5m/31.5km	

Under each day's column, there is a suggested walking distance in the left column. The right column is blank for you to fill in the distance you actually walked. These guidelines merely outline an ideal plan. If this plan doesn't fit into your schedule, don't be discouraged! Do as much as you can, and do it consistently. Don't wait until a few weeks before the event to start training. Get ahead and start now!