



25KM TRAINING PLAN

You can do it!

#BH15FOR15
FUNDRAISING
CHALLENGE 2020



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Training miles
1	2 miles steady pace	Relax & stretch	2 miles	Relax & stretch	2 miles	Relax & stretch	2 miles	8
2	Relax & stretch	2 miles	Relax & stretch	3 miles	Relax & stretch	Relax & stretch	3 miles	8
3	Relax & stretch	3 miles – pick up the pace	Any other activity	3 miles	Relax & stretch	Relax & stretch	4 miles – distance	10
4	Relax & stretch	3 miles – increasing speed	Any other activity	3 miles	Relax & stretch	4 miles	Relax & stretch	10
5	6 miles – go the distance	Relax & stretch	3 miles – increase the pace	Any other activity	3 miles	Relax & stretch	Any other activity	12
6	6 miles – strengthening	Any other activity for min. 30 mins	4 miles – pick up the pace	Relax & stretch	4 miles	Any other activity	Relax & stretch	14
7	7 miles – strengthening	Relax & stretch	4 miles – speed	Any other activity	4 miles – intervals	Relax & stretch	5 miles- try speed & distance	20
8	Relax & stretch	3 miles- speed	Any other activity for min 30 mins	2 miles	Relax & stretch	5 miles – intervals	Any other activity	10
9	8 miles – strength & speed	Relax & stretch	4 miles – speed	Relax & stretch	4 miles – speed	Any other activity min 30 mins	8 miles – strength & speed	24
10	Relax & stretch	Any other activity for min 30 mins	4 miles- speed	Relax & stretch	4 miles- speed	Any other activity	Relax & stretch	8
11	10 miles speed – the long one!	Relax & stretch	Relax & stretch	2 miles	Any other activity for min 30 mins	Relax & stretch	3 miles- speed	15
12	Relax & stretch	Any other activity for min 30 mins	Relax & stretch	2 miles	Relax & stretch	3 miles- speed	THE BIG DAY!	5



You did it!

To start using this plan you must be able to walk 2 miles at a constant pace of 19-20 minutes per mile. If you are not able to do this, start with walking as fast as you can until you are up to 2 miles and then repeat the first week as many times as necessary.

Walk Days – start by just getting into the habit of walking regularly – mix long walks with short walks...try increasing your speed just a little each time you do a short walk. After week 6, why not try interval training; alternating walking fast and slow to increase stamina.

Other Activities – try any other activity to help increase your stamina and fitness. Swimming, dancing, spinning, kick-boxing or Pilates – enjoyment is the deciding factor! Start off with 15 minutes and build up your time. Choose whatever you enjoy, but make sure you always increase your heart rate.

Relax & Stretch – Take a rest from aerobic activity – but spend 5 – 10 minutes a day having a good stretch. The more you do, the more you will want to do and you will really notice a difference with your walking and flexibility.

How Does It Work?

Week 1 & 2 – Get used to walking regularly. If you are new to walking or actively using your body to get fitter, pace yourself and feel an increase in your heart rate but don't do too much too soon

Week 3 & 4 You will begin to feel that you have more energy by now, so start introducing other activities and really feel your muscle tone and energy develop

Weeks 5-12 Now you're walking – pick up the pace on short walks to increase speed – long walks to increase stamina