

## 13.1 Miles – Training plan

Wk	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	<p>This is your preparation period. Walk 30mins/about 2 miles <b>every day</b>. If this isn't possible aim for a minimum of 5 times a week.</p>						
2							
3							
4	Walk 2 miles (approx 30mins)	Core Stability Plank – 3 x 10secs	Walk 2 miles (approx 30mins)	Core Stability Plank – 3 x 10secs	Walk 2 miles (approx 30mins)	Rest and Stretch	Long relaxing walk at least 60mins (4 miles)
5	Walk 3 miles (approx 45mins)	Core Stability Plank – 4 x 10secs	Walk 4 miles 10mins <b>S</b> 10mins <b>F</b> 10mins <b>S</b> x2	Core Stability Plank – 4 x 10secs	Walk 2 miles (approx 30mins)	Rest and Stretch	Long walk 60mins 10mins <b>F</b> 10mins <b>S</b> x3
6	Walk 6 miles (approx 90mins)	Core Stability Plank – 4 x 15secs	Walk 6 miles (approx 90mins)	Core Stability Plank – 4 x 15secs	Walk 3 miles 5mins <b>F</b> 5mins <b>S</b> x4	Rest and Stretch	Long walk 2hrs (approx 7-8 miles)
7	Rest and Stretch	Core Stability Plank – 4 x 20secs	Walk 4 miles (approx 60mins)	Walk 3 miles 10mins <b>F</b> 10mins <b>S</b> x2	Walk 4 miles (approx 60mins)	Rest and Stretch	Long walk 2hrs (approx 7-8 miles)
8	Rest and Stretch	Core Stability Plank – 4 x 20secs	Walk 3 miles 10mins <b>F</b> 5mins <b>S</b> x3	Rest and Stretch	Walk 4 miles (approx 60mins)	Rest and Stretch	Long walk min 2.5hrs or 8-10 miles
9	Walk 3 miles (approx 45mins)	Core Stability Plank – 4 x 25secs	Walk 3 miles (approx 45mins)	Core Stability Plank – 4 x 25secs	Rest and Stretch	Rest and Stretch	Rest and Stretch
10	Walk 4 miles (approx 60mins)	Walk 8 miles (approx 2hrs)	Core Stability Plank – 3 x 30secs	Rest and Stretch	Walk 4 miles (approx 60mins)	Rest and Stretch	Long walk – aim to beat time/mileage of wk 8
11	Walk 2 miles 10mins <b>F</b> 10mins <b>S</b> 10mins <b>F</b>	Rest and Stretch	Walk 3 miles 10mins <b>F</b> 5mins <b>S</b> x3	Rest and Stretch	Walk 2 miles (approx 30mins)	Core Stability Plank – 3 x 30secs	Walk 4 miles (approx 60mins)
12	Walk 2 miles (approx 30mins)	Rest and Stretch	Walk 3 miles (approx 45mins)	Rest and Stretch	Rest and Stretch	<b>Shine weekend Good Luck!</b>	<b>Shine weekend Good Luck!</b>

**Tip.** Leave notes reminding you to exercise around your home.

The programme aims to build up your endurance base. As a novice walker, you are getting used to exposing your body to regular exercise, while providing yourself with plenty of rest in order to ensure that you recover fully.

Key: Slow - **S** - you can easily hold a conversation Fast - **F** - you are out of breath and find it difficult to hold a conversation



The team at British Military Fitness would like to say a huge congratulations to you for taking part in Shine. To help you reach your goal and to make sure you are prepared for the big night, they've put together some training plans for you. Just choose the plan that's suitable for your distance.

- These plans are based on times for the average 4 mph walking speed. They are flexible and allow you to change depending on your ability and fitness.
- Where the plans talk about “Core Stability – Plank”: The plank is the perfect exercise to work those abdominal muscles and will also build endurance in your back and stabilizer muscles.
  - Similar to a press up but with your forearms on the ground, shoulder-width apart and beneath your chest, instead of your hands.
  - Keeping the body straight and your feet together while balancing on your toes.
  - Pull belly button up to your spine for maximum effectiveness.
  - Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.
  - There is no movement with this exercise just hold for a period of time.

It is important to highlight that there should be a straight line from the heels to the head, with the head looking down. Hold for 20 to 60 seconds, lower and repeat.

- Remember to keep safe when walking – arrange to walk with friends, don't walk with headphones, wear illuminated jackets if it's dark and take a mobile phone out with you.
- If you have registered with less than 12 weeks training time remaining, please be sensible with your training and steadily increase the amount, working up the weeks gradually.

