

20 MILE TRAINING PLAN

This plan will fully prepare you for the 21 mile Walk to Mary. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total weekly mileage
1	Rest	2 mile walk	Rest	2 mile walk	Strengthening	Rest	2 mile walk	6 miles
2	Rest	2 mile walk	Rest	2 mile walk	Strengthening	Rest	3 mile walk	7 miles
3	Rest	2 mile walk	Rest	3 mile walk	Strengthening	Rest	5 mile walk	10 miles
4	Rest	3 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	8 mile walk	15 miles
5	Rest	3 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	10 mile walk	17 miles
6	Rest	4 mile walk	Rest/Strengthening	5 mile walk	Strengthening	Rest	12 mile walk	21 miles
7	Rest	5 mile walk	Rest/Strengthening	6 mile walk	Strengthening	Rest	14 mile walk	25 miles
8	Rest	5 mile walk	Rest/Strengthening	5 mile walk	Strengthening	Rest	16 mile walk	26 miles
9	Rest	5 mile walk	Rest/Strengthening	5 mile walk	Strengthening	Rest	14 mile walk	24 miles
10	Rest	4 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	12 mile walk	20 miles
11	Rest	3 mile walk	Rest/Strengthening	3 mile walk	Strengthening	Rest	10 mile walk	16 miles
12	Rest	2 mile walk	Rest/Strengthening	2 mile walk	Rest	Walk to Mary	Rest	25 miles

Strengthening = any activity you enjoy that improves your overall fitness