

| WEEK | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | TOTAL |
|---------------------|-----------------------------------|------------------------------------|-------------------------------------|----------------------------|---------------------------|---------------------------|----------------------------|-----------|
| 1 | 2 miles + MAD2 Steady pace | MAD2 Relax and stretch | 2 miles + MAD2 | MAD2 Relax and stretch | 2 miles + MAD2 | MAD2 Relax and stretch | 2 miles + MAD2 | 8 |
| 2 | MAD2 Relax and stretch | 2 miles + MAD2 | MAD2 Relax and stretch | 3 miles + MAD2 | MAD2 Relax and stretch | MAD2 Relax and stretch | 3 miles + MAD2 | 8 |
| 3 | MAD2 Relax and stretch | 3 miles + MAD2 Pick up the pace | MAD2 Any other activity | 3 miles + MAD2 | MAD2 Relax and stretch | MAD2 Relax and stretch | 4 miles + MAD2 | 10 |
| 4 | MAD2 Relax and stretch | 3 miles + MAD2 Increasing speed | MAD2 Any other activity | 3 miles + MAD2 | MAD2 Relax and stretch | 4 miles + MAD2 | MAD2 Relax and stretch | 10 |
| 5 | 6 miles + MAD2 Go the distance | MAD2 Relax and stretch | 3 miles + MAD2 increase the pace | MAD2 Any other activity | 3 miles + MAD2 | MAD2 Relax and stretch | MAD2 Any other activity | 12 |
| Total so Far | | | | | | | | 48 |

Setting yourself a challenge is exciting, the tricky bit can be knowing how to start, especially if you have never taken on a walking challenge. Our aim is that you achieve good walking fitness and technique that will help you go comfortably achieve your goal!

It's never too soon to start walking, so to give you an idea of what to expect, this is the first 5 weeks of the Training Plan for the Half Marathon Plus 15.1 Miles.

This plan assumes that you are able to walk 2 miles at a constant pace of 18 – 20 minutes per mile. Your ultimate goal is to aim for a fitness level where you can complete the challenge in 3.5 - 4.0 hours walking approximately 13 – 15 minute miles.

If you are not quite ready for the 5 week plan, take a look at the **MAD2** Plan.

Other activities Try any other activity to help increase your stamina and fitness. Swimming, dancing, spinning, kick boxing or pilates to name a few - enjoyment is a 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 and 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.

MAD2 Means 2 Miles a day... this includes every step you take from the minute you wake up, until going to bed.

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 - 5 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.

REMEMBER - WHATEVER OTHER ACTIVITY OR EXERCISE YOU DO, NOTHING REPLACES WALKING!