

Over the Moon **2018** **52.4 miles (84K) 5 week training plan**



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	5 miles and stretch	Stretch	3 miles and stretch	3 miles and stretch	Stretch	3 miles and stretch	5 miles	19
2	6 miles and stretch	Stretch	Any other activity 45 mins - try something new!	6 miles and stretch	4 miles	Recover + stretch	8 miles	24
3	8 miles	Swim 30 mins	Stretch	6 miles	Any other activity 45 mins - try pilates	Stretch	12 miles	26
4	8 miles on hills	Recover + stretch	Any other activity 45 mins - try 15 mins swim or pilates after	8 miles	Swim 30 mins	Stretch	14 miles	30
5	10 miles on hills	Recover + stretch	Swim 45 mins	Any other activity 45 mins - cross training is ideal!	8 miles at speed	Stretch	14 miles	32

Daily stretching
will really
benefit you on
this challenge!

This plan assumes that you can already walk 15 minute miles for a minimum of 5 miles. If you are not comfortable at this pace for this distance, then please complete the first 4 weeks of the plan twice or as many times as you feel is necessary before moving on to week 5.

If you need any help... Call us! **01483 741430**