

# 4 Week Training Plan



**WALKING STARS**

Shine brighter for cancer research and relief

WEEKS  
**4-1**

## YOUR WEEK

**Start & finish all your walks with a 10 minute stroll to warm up & cool down.**

**Sunday:** Recovery walk! Aim for a moderate pace.

**Mondays & Wednesdays:** Choose a low impact activity such as swimming, cycling, pilates or yoga.... Or choose this to be your rest day!

**Tuesday:** A little tougher than Sundays walk, aim for a pace that makes talking slightly challenging.

**Thursday:** This should be a hard walk, add short bursts of speed, walk your fastest for a short distance. Do this several times during your work out. Interval work outs will be the one thing that really make a difference to your speed.

**Friday:** Recovery walk!

**Saturday:** This is your endurance walk, and distance, not speed will be the key to your half marathon preparation. Walk your endurance walk at a moderate pace.

4  
3  
2  
1

	SUNDAY RPE*: 3-4	MONDAY	TUESDAY RPE*: 5	WEDNESDAY	THURSDAY RPE*: 6	RECOVERY FRIDAY	ENDURANCE SATURDAY
4	60 MIN / 5km	YOU CHOOSE	90 MIN / 8km	YOU CHOOSE	REST	15 MIN Recovery	TARGET 10km / 2HR
3	60 MIN / 5km		2:10 HR / 11km		75 MIN / 7km	15 MIN Recovery	TARGET DISTANCE 15km
2	60 MIN / 5km		1:45 HR / 8km		90 MIN / 8km	15 MIN Recovery	TARGET DISTANCE 10km
1	60 MIN / 5km		45 MIN / 5km		REST	45 MIN / 5km	

**RPE:**  
Ratings of  
Perceived Exertion

