

MNDA (approx) 13 Mile Walk Training Plan! 2017

No	W/c	Target	Notes	✓
1	25/2	4 x 2 miles (aim to do 3 walks spread over the week of 3 miles – use notes to write down routes etc)		
2	4/3	1 x 2 miles 2 x 3 miles (don't forget to warm up, cool down and stretch, you don't want injuries)		
3	11/3	2 x 3 miles 1 x 4 miles (check out trainers and socks – if you need new trainers don't buy them the week before the event)		
4	18/3	2 x 3 miles 1 x 4 miles (relax and stretch on the days between your walks)		
5	25/3	1 x 6 miles 2 x 3 miles (take a banana, snack, plenty of water)		
6	1/4	1 x 6 miles 2 x 4 miles (come on, you are half way through! Brilliant, keep going and don't beat yourself up if you miss a little of the training)		
7	8/4	1 x 7 miles 2 x 4 miles 1 x 5 miles (warm up, cool down, getting		

		stronger. Are you using the notes column? Got the right trainers?)	
8	15/4	1 x 3 miles 1 x 5 miles (come on, you can do it, don't forget your snacks)	
9	22/4	2 x 8 miles 2 x 4 miles (go on, get up early and start the long walk. The long walks are important – then treat yourself!)	
10	29/4	2 x 4 miles (got any sponsors?, feeling excited about the big day – well done getting this far!!!!)	
11	6/5	1 x 10 miles 2 x 3 miles (ok, plan this big one with some friends. Take plenty of water, snacks and drink wine tonight)	
12	13/5	2 x 3 miles (You are amazing – nearly there and it's going to be so much fun, PROMISE)	
13	20/5	The Big Day – approx 13.5 miles (can't wait to meet you all and say a massive well done, thank you and lets party at Churchill's Ramsgate at the end) xx	Meet the The Minnis, Birchington for 9 am breakfast. Ready to start our walk between 10 am and 10.30am (waiting for Whitstable gang). Churchill's Ramsgate here we come!

NOTES:

Explanation of the plan:- week commencing; so during that week the plan is to fit in the longest walk and possibly any of the others. Plan to walk the shorter ones at a quicker pace. You may wish to make

notes of your routes and the distance. I recommend buying a pedometer or fit-bit and decent trainers. ALWAYS TAKE A WATER BOTTLE, CHOC BAR, BANANA etc on the long walks.

Allow time for quality stretching before and after walk to avoid injuries (i've been there, can't stress this enough)

Don't worry if you can't make all the training but do complete the longer walks.

Dawn and Cath plan to do the longer walks on a Saturday or Sunday morning (early) and the shorter walks mid week. If anyone wants to join us for the Sat/Sun walk contact us on the Friday before (Cath – 07872 make new friends at the same time supporting MNDA research.

Massive **thank you** (to participants and supporters of the event 'behind the scenes', it is great fun, honest!!! Good Luck to us all! We can do it!