

MNDA 11 Mile Walk Training Plan! 2019

No	W/c	Target	Notes	✓
1	24/2	4 x 2 miles (aim to do 3 walks spread over the week of 3 miles – use notes to write down routes etc)		
2	3/3	1 x 2 miles 2 x 3 miles (don't forget to warm up, cool down and stretch, you don't want injuries)		
3	10/3	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	17/3	2 x 3 miles 1 x 4 miles (relax and stretch on the days between your walks)		
5	24/3	1 x 6 miles 2 x 3 miles (take a banana, snack, plenty of water)		
6	31/3	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	7/4	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	14/4	1 x 3 miles 1 x 5 miles (come on, you can do it, don't forget your snacks)		
9	21/4	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	28/4	2 x 4 miles (got any sponsors?, feeling excited about the big day – well done getting this far!!!!)		
11	5/5	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	12/5	2 x 3 miles (You are amazing – nearly there and it's going to be so much fun, PROMISE)		
13	18/5	The Big Day – approx 11 miles (can't wait to meet you all and say a massive well done, thank you)	Meet at the The Minnis, Birchington for 9 am breakfast. Ready to start our walk between 10.30 am and 11 am (waiting for Whitstable gang).	

NOTES: Explanation of plan:- week commencing; so during that week the plan is to fit in longest walk and possibly any others. Plan to walk shorter ones at a quicker pace. You may wish to make notes of your routes inc. distance. I recommend buying a pedometer/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 (can't stress this enough)

Don't worry if you can't make all the training but do complete the longer walks. Cath plans to do the longer walks on a Friday, Saturday or Sunday morning (early) and the shorter walks mid week. If anyone wants to join me contact me before (Cath - 07872131319).

Enjoy, 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!