

# MNDA 24 Mile Walk Training Plan! 2020

No	W/c	Target	Notes	✓
1	14/3	<b>3 x 3 miles</b> (aim to do 3 walks spread over the week of 3 miles – use notes to write down routes etc)		
2	21/3	<b>3 x 4 miles</b> (don't forget to warm up, cool down and stretch, you don't want injuries)		
3	28/3	<b>5, 4, 4, 6 miles</b> (check out trainers and socks – if you need new trainers don't buy them the week before the event)		
4	4/4	<b>8, 5, 5 miles</b> (relax and stretch on the days between your walks)		
5	11/4	<b>10, 5, 5, miles</b> (take a banana, snack, plenty of water)		
6	18/4	<b>12, 4, 6 miles</b> (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	25/4	<b>14, 6, 6 miles</b> (warm up, cool down, getting stronger. Are you using the notes column? Got the right trainers?)		
8	2/5	<b>16, 6, 6 miles</b> (go on, get up early and start the long walk. The long walks are important – then treat yourself!)		
9	9/5	<b>6, 7, 6 miles</b> (come on, this is an easy week, give it a good pace!)		
10	16/5	<b>16, 7, 7 miles</b>		

		(got any sponsors?, feeling excited about the big day – well done getting this far!!!!)		
11	23/5	20, 5, 5 miles (ok, plan this big one with some friends. Take plenty of water, snacks and drink wine tonight)		
12	30/5	5, 3, 3 miles (You are amazing – nearly there and it's going to be so much fun, PROMISE)		
13	6/6	The Big Day - 24 miles (can't wait to meet you all and say a massive well done, thank you)		

**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!