



10 Mile Plan

Good Luck!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1.5 mile walk	Rest	1.5 mile walk	Alternative training	Rest	2 mile walk
2	Rest	1.5 mile walk	Rest	1.5 mile walk	Alternative training	Rest	2 mile walk
3	Rest	2 mile walk	Rest	2 mile walk	Alternative training	Rest	3 mile walk
4	Rest	2 mile walk – focus on hills	Rest	3.5 mile walk	Alternative training	Rest	4.5 mile walk
5	Rest	2.5 mile walk	Rest/Alternative training	3.5 mile walk	Alternative training	Rest	5 mile walk
6	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	5 mile walk
7	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	6 mile walk
8	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	8 mile walk
9	Rest	2 mile walk	Rest/Alternative training	3 mile walk	Alternative training	Rest	9 mile walk
10	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	8 mile walk
11	Rest	2 mile walk – focus on hills	Rest/Alternative training	2 mile walk – focus on hills	Alternative training	Rest	4 mile walk
12	Rest	2 mile walk	Rest/Alternative training	2 mile walk	Alternative training	Rest	



20 Mile Plan

Good Luck!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	2 mile walk	Rest	2 mile walk	Alternative training	Rest	2 mile walk
2	Rest	2 mile walk	Rest	2 mile walk	Alternative training	Rest	3 mile walk
3	Rest	2 mile walk	Rest	3 mile walk	Alternative training	Rest	5 mile walk
4	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	8 mile walk
5	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	10 mile walk
6	Rest	4 mile walk	Rest/Alternative training	5 mile walk	Alternative training	Rest	12 mile walk
7	Rest	5 mile walk	Rest/Alternative training	6 mile walk	Alternative training	Rest	14 mile walk
8	Rest	5 mile walk	Rest/Alternative training	5 mile walk	Alternative training	Rest	16 mile walk
9	Rest	5 mile walk	Rest/Alternative training	5 mile walk	Alternative training	Rest	14 mile walk
10	Rest	4 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	12 mile walk
11	Rest	4 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	10 mile walk
12	Rest	3 mile walk – focus on hills	Rest/Alternative training	3 mile walk – focus on hills	3 mile walk – on flat ground	Rest	



30 Mile Plan

Good Luck!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	4 mile walk	Rest	4 mile walk	Alternative training	Rest	4 mile walk
2	Rest	4 mile walk	Rest	4 mile walk	Alternative training	Rest	6 mile walk
3	Rest	4 mile walk	Rest	6 mile walk	Alternative training	Rest	8 mile walk
4	Rest	6 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	10 mile walk
5	Rest	6 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	15 mile walk
6	Rest	6 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	18 mile walk
7	Rest	8 mile walk	Rest/Alternative training	10 mile walk	Alternative training	Rest	20 mile walk
8	Rest	8 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	23 mile walk
9	Rest	8 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	25 mile walk
10	Rest	6 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	20 mile walk
11	Rest	5 mile walk	Rest/Alternative training	6 mile walk	4 mile walk – on flat ground	Rest	15 mile walk
12	Rest	4 mile walk	Rest/Alternative training	4 mile walk	3 mile walk – on flat ground	Rest	