



14-WEEK TRAINING PLAN



THIS TRAINING PLAN IS DESIGNED FOR WALKERS PLANNING TO COMPLETE THE 10 NAUTICAL MILE RACE ON AUGUST 28TH

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	CROSS TRAIN 30 MINUTES	3 MILES (EASY)	REST
2	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	CROSS TRAIN 30 MINUTES	3 MILES (EASY)	REST
3	CROSS TRAIN 30 MINUTES	35 MINUTE WALK	CROSS TRAIN 30 MINUTES	35 MINUTE WALK	CROSS TRAIN 30 MINUTES	2 MILES (BRISK)	REST
4	CROSS TRAIN 30 MINUTES	35 MINUTE WALK	CROSS TRAIN 30 MINUTES	35 MINUTE WALK	CROSS TRAIN 30 MINUTES	5 MILES (EASY)	REST
5	CROSS TRAIN 30 MINUTES	35 MINUTE WALK	CROSS TRAIN 30 MINUTES	35 MINUTE WALK	CROSS TRAIN 30 MINUTES	6 MILES (EASY)	REST
6	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	4 MILES (BRISK)	REST
7	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	7 MILES (EASY)	REST
8	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	8 MILES (EASY)	REST

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	CROSS TRAIN 30 MINUTES	45 MINUTE WALK	CROSS TRAIN 30 MINUTES	45 MINUTE WALK	CROSS TRAIN 30 MINUTES	6 MILES (BRISK)	REST
10	CROSS TRAIN 30 MINUTES	45 MINUTE WALK	CROSS TRAIN 30 MINUTES	45 MINUTE WALK	CROSS TRAIN 30 MINUTES	9 MILES (EASY)	REST
11	CROSS TRAIN 30 MINUTES	45 MINUTE WALK	CROSS TRAIN 30 MINUTES	45 MINUTE WALK	CROSS TRAIN 30 MINUTES	10 MILES (EASY)	REST
12	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	8 MILES (EASY)	REST
13	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	40 MINUTE WALK	CROSS TRAIN 30 MINUTES	6 MILES (EASY)	REST
14	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	CROSS TRAIN 30 MINUTES	30 MINUTE WALK	REST	REST	 FORT 2 BASE AUGUST 28, 2022

