

SUNSHINE WALK

SUNDAY 12 NOVEMBER 2023

TRAINING PROGRAM – FOR 20KM WALK!

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest Day	Pilates/Yoga or gentle strength class	3km walk	Rest Day or Pilates/Yoga or gentle strength class	3km walk	Rest Day (or swap with Sunday)	5km walk + 15 minutes gentle stretching
Week 2	Rest Day	Pilates/Yoga or gentle strength class	4km walk	Rest Day or Pilates/Yoga or gentle strength class	4km walk	Rest Day (or swap with Sunday)	6km walk + 15 minutes gentle stretching
Week 3	Rest Day	Pilates/Yoga or gentle strength class	5km walk	Rest Day or Pilates/Yoga or gentle strength class	5km walk	Rest Day (or swap with Sunday)	8km walk + 15 minutes gentle stretching
Week 4	Rest Day	Pilates/Yoga or gentle strength class	6km walk	Rest Day or Pilates/Yoga or gentle strength class	5-6km walk	Rest Day (or swap with Sunday)	10km walk + 15 minutes gentle stretching
Week 5	Rest Day	Pilates/Yoga or gentle strength class	8km walk	Rest Day or Pilates/Yoga or gentle strength class	8km walk	Rest Day (or swap with Sunday)	12km walk + 15 minutes gentle stretching
Week 6	Rest Day	Pilates/Yoga or gentle strength class	8km walk	Rest Day or Pilates/Yoga or gentle strength class	8km walk	Rest Day (or swap with Sunday)	15km + 15 minutes gentle stretching
Week 7	Rest Day	Pilates/Yoga or gentle strength class	10km walk	Rest Day or Pilates/Yoga or gentle strength class	8km walk	Rest Day (or swap with Sunday)	18km walk + 15 minutes gentle stretching
Week 8	Rest Day	Pilates/Yoga or gentle strength class	5km walk	Rest Day or Pilates/Yoga or gentle strength class	5km walk	Rest Day... Hydrate and prepare!	

Albury Wodonga Regional Cancer Centre Trust Fund Inc.