

Walk the Night Training Plan – Marathon

When	When	Each week...
7-10 months before September-December Aim to start exercising once/twice per week	Each week	2 x 15 minute walk
6 months before January Aim to exercise 2-3 times a week	Each week	2 x 20 minute walk 1 x 30 minute cross training
5 months before February Aim to walk 7 miles	Each week	2 x 35 minute walk 2 x 40 minutes cross training 1 x longer walk each week varying between 5-7 miles
4 months before March Aim to walk 10 miles	Each week	2 x 40 minute walk 1 x 35 minute walk 2 x 40 minute cross training 1 x long walk each week varying between 6-10 miles
3 months to go April Aim to comfortably walk 14 miles	Each week	2 x 50 minute walks 1 x 40 minute walk 2 x 40 minute cross training
	Complete a long walk each week of the following distances	12 mile walk 6 mile walk 14 mile walk 8 mile walk
2 months to go May - June Aim to build up your longest walk to 18 miles	Each week	2 x 50 minute walk 1 x 40 minute walk 2 x 40 minute cross training
	Complete a long walk each week of the following distances	16 mile walk 8 mile walk 18 mile walk 8 mile walk
1 month to go June Nearly there!	4 weeks before	2 x 55 minute walk 1 x 40 minute walk 2 x 40 minutes cross training 1 x 20 mile walk
	3 weeks before	2 x 55 minute walk 2 x 40 minutes cross training 1 x 10 mile walk
	2 weeks before	2 x 40 minute cross training 2 x 50 minute walk 1 x 6 mile walk
	Last week	2 x 40 minute walk 1 x 15 minute walk

Walk the Night Training Plan – Half Marathon

When	When	Each week...
7-10 months before September-December Aim to start exercising once/twice per week	Each week	1 x 15 minute walk
6 months before January Aim to exercise 2-3 times a week	Each week	2 x 10 minute walk 1 x 15 minute cross training
5 months before February Aim to walk 4 miles	Each week	2 x 20 minute walk 2 x 20 minutes cross training 1 x walk each week varying between 2-4 miles
4 months before March Aim to walk 5 miles	Each week	2 x 20 minute walk 1 x 15 minute walk 2 x 20 minute cross training 1 x walk each week varying between 3-5 miles
3 months to go April Aim to comfortably walk 7 miles	Each week	2 x 25 minute walks 1 x 20 minute walk 2 x 20 minute cross training
	Complete a long walk each week of the following distances	6 mile walk 3 mile walk 7 mile walk 4 mile walk
2 months to go May - June Aim to build up your longest walk to 9 miles	Each week	2 x 25 minute walk 1 x 20 minute walk 2 x 20 minute cross training
	Complete a long walk each week of the following distances	8 mile walk 4 mile walk 9 mile walk 4 mile walk
1 month to go June Nearly there!	4 weeks before	2 x 30 minute walk 1 x 20 minute walk 2 x 30 minutes cross training 1 x 10 mile walk
	3 weeks before	2 x 30 minute walk 2 x 20 minutes cross training 1 x 5 mile walk
	2 weeks before	2 x 20 minute cross training 2 x 25 minute walk 1 x 3 mile walk
	Last week	2 x 20 minute walk 1 x 15 minute walk