

A Twenty + Week Training Plan

Time Walked	TWENTY + Weeks before	FIFTEEN Weeks before	ELEVEN Weeks before	NINE Weeks before	SEVEN Weeks before	FIVE Weeks before	THREE Weeks before
30min - 1 Hour	5 times/wk	5 times/wk	5 times/wk	3 times/wk	3 times/wk	3 times/wk	
2 Hours	1 time/wk	1 time/wk	2 times/wk	2 times/wk			3 times/wk
3 Hours					2 times/wk		
4 Hours						2 times/wk	
5 Hours							3 times/wk
Distance per week	20km	20km	30km	30km	40km	40km	50km
For the February Walk:	Sep - 10 Nov	11 Nov - 8 Dec	9 Dec - 22 Dec	23 Dec - 5 Jan	6 Jan - 19 Jan	20 Jan - 2 Feb	3 Feb - 20 Feb

Walk starts on 24 Feb

For the April Walk:	Sep - 22 Dec	23 Dec - 19 Jan	20 Jan - 2 Feb	3 Feb - 16 Feb	17 Feb - 2 Ma	3 Mar - 16 Ma	17 Mar - 3 Apr
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Walk starts on 7 Apr