

TRAINING GUIDE



WEEK ONE TO WEEK TWO



5 MIN - WARM UP
25 MIN - WALK OR JOG AT A STEADY PACE
5 MIN - COOL DOWN





FRIDAY: REST

SATURDAY: WALK 1 HOUR

SUNDAY: REST

02

WEEK THREE TO WEEK FIVE

5 MIN - WARM UP
40 MIN - WALK OR JOG AT A STEADY PACE
5 MIN - COOL DOWN





Take the long way when you have a few moments to spare. This might mean taking the stairs instead of the elevator or parking farther away from your office



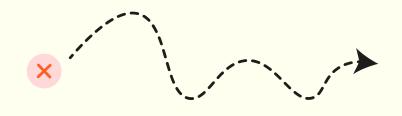
Make sure you have at least two rest days during the week



WEEK SIX TO SEVEN

5 MIN - WARM UP
1 HOUR - WALK OR JOG AT A STEADY PACE
10 MIN - COOL DOWN







04

THE DAY BEFORE

Ensure you get plenty of rest the night before the event day.

On the event day bring water, snacks and any necessary medication with you ready for the 25km journey.

Don't forget your hat and sunscreen!



This is just a guide, please consult your doctor before you start any training plan.