



TRAINING SCHEDULE 10 Miles in 15 weeks					
		Walking Schedule			
		Cara Bundoran 10 -- 9th March 2013 ----15 Weeks away			
	Tues	Thurs	Fri	Sun	Weekly
Week 1	20 mins walk/6laps	20 mins walk/6 laps	35 mins walk/10laps	20 mins walk/6laps	7miles
	easy to med pace	easy to med pace	easy to med pace	easy to med pace	
Week 2	20 mins walk/6laps	30 mins walk/8laps	35 mins walk/10laps	30 mins walk/8laps	8 miles
	easy to med pace	5mins fast walk inc	easy to med pace	5 mins fast walk inc	
Week 3	20 mins walk/6 Laps	20 mins walk/6 Laps	40 mins walk/12Laps	25 mins walk/7Laps	9/10miles
	easy to med pace	7 mins fast pace inc.	easy to med pace	7 mins fast walk inc	
Week 4	30mins walk/8Laps	25 mins walk/7Laps	40 mins walk/12Laps	30 mins walk8Laps	10/11 miles
	easy to med pace	10mins fast pace inc	easy to med pace	10 mins fast walk inc.	
Week 5	30 mins walk/10Laps	30 mins walk/10laps	40mins walk//12 Laps	25 mins walk/7Laps	11/12miles
	med walk pace	12 mins fast pace inc	half easy half med.	12 mins fast pace inc	
Week 6	30 mins walk/10Laps	30 mins walk/10Laps	40 mins walk/12Laps	30 mins walk/8Laps	13Miles
	med pace walk	15 mins fast pace inc	half easy half med.	15 mins fast pace inc	
Week 7	35mins walk/11Laps	30 mins walk/10Laps	45mins walk/13Laps	30 mins walk/8Laps	14miles
	med pace walk	15 mins fast pace inc	half easy half med	15 mins fast pace inc	
Week 8	35mins walk/11 Laps	30 mins walk/10 Laps	50 mins walk/13Laps	30 mins walk/8Laps	15miles
	med pace walk	15 mins fast pace inc	half easy half med	15mins fast pace	
Week 9	40mins walk,Jog/12Laps	30 mins walk/10 Laps	60mins walk/15Laps	30 mins walk/8Laps	16miles

	see 1 below	15 mins fast pace inc	easy to fast walking	as 1 below	
Week 10	<i>40mins walk,Jog/12Laps</i>	<i>30 mins walk/10 Laps</i>	<i>60mins walk/15Laps</i>	<i>30 mins walk/8Laps</i>	<i>16miles</i>
	see 1 below	15 mins fast pace inc	easy to fast walking	as 1 below	
Week 12	<i>40mins walk,Jog/12Laps</i>	<i>30 mins walk/10 Laps</i>	<i>60mins walk/15Laps</i>	<i>30 mins walk/8Laps</i>	<i>16miles</i>
	see 2 below	15 mins fast pace inc	easy to fast walking	as 2 below	
Week 13	<i>40mins walk,Jog/12Laps</i>	<i>30 mins walk/10 Laps</i>	<i>60mins walk/15Laps</i>	<i>30 mins walk/8Laps</i>	<i>16miles</i>
	see 2 below	15 mins fast pace inc	easy to fast walking	as 2 below	
Week 14	<i>40mins walk,Jog/12Laps</i>	<i>30 mins walk/10 Laps</i>	<i>60mins walk/15Laps</i>	<i>30 mins walk/8Laps</i>	<i>16miles</i>
	see 3below	15 mins fast pace inc	easy to fast walking	as 2 below	
Week 15	<i>40mins walk,Jog/12Laps</i>	<i>30 mins walk/10 Laps</i>	<i>60mins walk/15Laps</i>	<i>30 mins walk/8Laps</i>	<i>16miles</i>
	see 3 below	15 mins fast pace inc	easy to fast walking	as 3 below	