



Weeks 1-2

Walk 4 times a week, with evenly spaced rest days

Weeks 3-10

Walk 3 times a week, including 1 long walk to build your mileage

Weeks 11-12

Drop your mileage and make sure you have 2 days solid rest before the event. Include some interval training—walk for 3 minutes at a steady pace, then 1 minute and repeat for 60 minutes.

Midnight Walk Training Chart

Week	Walk 1	Walk 2	Walk 3	Walk 4	Total miles for the week
1					5
2					5
3				Rest	7
4				Rest	10
5				Rest	11
6				Rest	12
7				Rest	13
8					15
9				Rest	14
10				Rest	15
11				Rest	7
12				Event day	4 – pre - event