

9 Week Fitness Walks Waiheke Walking Festival Preparation

Key - Aerobic - walk briskly but still able to speak - not sing! Intervals easy:slightly quicker than comfortable pace. Long Steady Distance - comfortable pace.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sept 6 - 12	30 minute walk or crosstrain Easy Recovery	4-5km Aerobic	30 minute walk or crosstrain	4-6km Intervals 30sec:1min	30 minute walk or crosstrain	6-8km Long Steady Distance	5-7km Aerobic
2 Sept 13 - 19	30 minute walk or crosstrain Easy Recovery	5-6km Aerobic	30 minute walk or crosstrain	6-7km Intervals 1min:1.5min	30 minute walk or crosstrain	7-9km Long Steady Distance	6-8km Aerobic
3 Sept 20 - 26	30 minute walk or crosstrain Easy Recovery	6-8km Aerobic	30 minute walk or crosstrain	7-9km Intervals 1min:2min	30 minute walk or crosstrain	8-10km Long Steady Distance	7-9km Aerobic
4 Sept 27 - Oct 3	30 minute walk or crosstrain Easy Recovery	7-9km Aerobic	30 minute walk or crosstrain	8-10km Intervals 1min:3min	30 minute walk or crosstrain	9-11km Long Steady Distance	8-10km Aerobic
5 Oct 4 - 10	30 minute walk or crosstrain Easy Recovery	8-10km Aerobic	30 minute walk or crosstrain	8-10km Intervals 1min:4min	30 minute walk or crosstrain	10-12km Long Steady Distance	9-11km Aerobic
6 Oct 11 - 17	30 minute walk or crosstrain Easy Recovery	8-10km Aerobic	30 minute walk or crosstrain	8-10km Intervals 1min:5min	30 minute walk or crosstrain	11-13km Long Steady Distance	10-12km Aerobic
7 Oct 18 - 24	30 minute walk or crosstrain Easy Recovery	8-10km Aerobic	30 minute walk or crosstrain	8-10km Intervals 1min:5min	30 minute walk or crosstrain	12-15km Long Steady Distance	11-13km Aerobic
8 Oct 25 - 31	30 minute walk or crosstrain Easy Recovery	8-10km Aerobic	30 minute walk or crosstrain	8-10km Intervals 1min:5min	30 minute walk or crosstrain	14-16km Long Steady Distance	12-15km Aerobic
9 Nov 1 - Nov 7	30 minute walk or crosstrain Easy Recovery	8-10km Aerobic	30 minute walk or crosstrain	8-10km 1min:5min	Waiheke Walking Festival Begins! <i>Enjoy your time exploring our Motu!</i>		