

9 Week General Waiheke Walking Festival Preparation

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