

10 Week Te Ara Hura Walking Festival Preparation - Assume you already regularly walk 60 minutes 3 times per week.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sept 6 - 12	30 minutes walk or crosstrain Easy Recovery	5-8km	30 minutes walk or crosstrain	5-8km	30 minutes walk or crosstrain	8-10km	6-8km
2 Sept 13 - 19	30 minutes walk or crosstrain Easy Recovery	6-9km	30 minutes walk or crosstrain	6-9km	30 minutes walk or crosstrain	9-11km	7-9km
3 Sept 20 - 26	30 minutes walk or crosstrain Easy Recovery	7-10km	30 minutes walk or crosstrain	7-10km	30 minutes walk or crosstrain	10-12km	8-10km
4 Sept 27 - Oct 3	30 minutes walk or crosstrain Easy Recovery	8-10km	30 minutes walk or crosstrain	8-10km	30 minutes walk or crosstrain	11-14km	9-11km
5 Oct 4 - 10	30 minutes walk or crosstrain Easy Recovery	8-10km	30 minutes walk or crosstrain	8-10km	30 minutes walk or crosstrain	12-15km	10-12km
6 Oct 11 - 17	30 minutes walk or crosstrain Easy Recovery	8-10km	30 minutes walk or crosstrain	8-12km	30 minutes walk or crosstrain	13-17km	11-13km
7 Oct 18 - 24	30 minutes walk or crosstrain Easy Recovery	8-12km	30 minutes walk or crosstrain	8-12km	30 minutes walk or crosstrain	18-20km	12-15km
8 Oct 25 - 31	30 minutes walk or crosstrain Easy Recovery	8-12km	30 minutes walk or crosstrain	8-12km	30 minutes walk or crosstrain	19-21km	13-16km
9 Nov 1 - Nov 7	30 minutes walk or crosstrain Easy Recovery	8-12km	30 minutes walk or crosstrain	8-12km	The Walking Festival Begins!	15-18km	15-18km
10 Nov 8-14	30 minutes walk or crosstrain Easy Recovery	8-12km	TE ARA HURA BEGINS FOR SOME	8-12km	30 minutes walk or crosstrain	10km	TE ARA HURA BEGINS FOR OTHERS