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** | 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** | 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** | 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** | 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** | 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** | 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** | 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** | 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** | 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** | 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** |