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.

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| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **1** | *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** | *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** | *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** | *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** | *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** | *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** | *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** | *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** | *30 minute walk or crosstrain Easy Recovery* | 8-10km Aerobic | *30 minute walk or crosstrain* | 8-10km 1min:5min | **Waiheke Walking Festival Begins!**  *Enjoy your time exploring our Motu!* | | |