9 Week General Waiheke Walking Festival Preparation

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| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **1** | *30 minute walk or crosstrain Easy Recovery* | 3-5km | *30 minute walk or crosstrain* | 3-5km | *30 minute walk or crosstrain* | 4-6km | 3-5km |
| **2** | *30 minute walk or crosstrain Easy Recovery* | 4-6km | *30 minute walk or crosstrain* | 4-6km | *30 minute walk or crosstrain* | 5-7km | 4-6km |
| **3** | *30 minute walk or crosstrain Easy Recovery* | 5-7km | *30 minute walk or crosstrain* | 5-7km | *30 minute walk or crosstrain* | 6-8km | 5-7km |
| **4** | *30 minute walk or crosstrain Easy Recovery* | 6-8km | *30 minute walk or crosstrain* | 6-8km | *30 minute walk or crosstrain* | 7-9km | 6-8km |
| **5** | *30 minute walk or crosstrain Easy Recovery* | 6-9km | *30 minute walk or crosstrain* | 6-9km | *30 minute walk or crosstrain* | 8-10km | 7-9km |
| **6** | *30 minute walk or crosstrain Easy Recovery* | 6-10km | *30 minute walk or crosstrain* | 6-10km | *30 minute walk or crosstrain* | 9-11km | 8-10km |
| **7** | *30 minute walk or crosstrain Easy Recovery* | 6-10km | *30 minute walk or crosstrain* | 6-10km | *30 minute walk or crosstrain* | 10-12km | 9-11km |
| **8** | *30 minute walk or crosstrain Easy Recovery* | 6-10km | *30 minute walk or crosstrain* | 6-10km | *30 minute walk or crosstrain* | 12-14km | 10-12km |
| **9** | *30 minute walk or crosstrain Easy Recovery* | 6-10km | *30 minute walk or crosstrain* | 6-10km | **Waiheke Walking Festival Begins!**  *Enjoy your time exploring our Motu!* | | |