

Pier 2 Pier Norfolk- 32 Mile- 12 Week Training Plan 2024



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1- April (11 Miles)	1 st Relax & Stretch	2 nd Walk- 3 miles	3 rd Relax & Stretch	4 th Walk- 3 miles	5 th Relax & Stretch	6 th Relax & Stretch	7 th Walk- 5 miles
2- April (16 miles)	8 th Relax & Stretch	9 th Walk- 4 miles	10 th Relax & Stretch	11 th Walk- 5 miles	12 th Relax & Stretch	13 th Relax & Stretch	14 th Walk- 7 miles
3- April (13 miles)	15 th Relax & Stretch	16 th Walk- 3 miles	17 th Activity day	18 th Walk- 5 miles	19 th Relax & Stretch	20 th Relax & Stretch	21 st Walk- 5 miles
4- April (10 miles)	22 nd Relax & Stretch	23 rd Activity day	24 th Walk- 4 miles	25 th Activity day	26 th Relax & Stretch	27 th Relax & Stretch	28 th Walk- 6 miles
5- Apr/ May (14 miles)	29 th Activity day	30 th Relax & Stretch	1 st Walk- 2 miles	2 nd Activity day	3 rd Relax & Stretch	4 th Relax & Stretch	5 th Walk- 12 miles
6- May (20 miles)	6 th Activity day	7 th Relax & Stretch	8 th Walk- 5 miles	9 th Activity day	10 th Walk- 5 miles	11 th Relax & Stretch	12 th Walk- 10 miles
7-May (22 miles)	13 th Relax & Stretch	14 th Activity day	15 th Relax & Stretch	16 th Walk- 6 miles	17 th Activity day	18 th Relax & Stretch	19 th Walk- 16 miles
8- May (24 miles)	20 th Relax & Stretch	21 st Walk- 6 miles	22 nd Relax & Stretch	23 rd Activity day	24 th Relax & Stretch	25 th Relax & Stretch	26 th Walk- 18 miles
9- May/ Jun (33 miles)	27 th Activity day	28 th Relax & Stretch	29 th Walk- 7 miles	30 th Activity day	31 st Walk- 6 miles	1 st Relax & Stretch	2 nd Walk- 20 miles
10- June (34 miles)	3 rd Relax & Stretch	4 th Activity day	5 th Walk- 8 miles	6 th Relax & Stretch	7 th Relax & Stretch	8 th Relax & Stretch	9 th Walk- 26 miles
11- June (9 miles)	10 th Activity day	11 th Relax & Stretch	12 th Walk- 5 miles	13 th Relax & Stretch	14 th Activity day	15 th Relax & Stretch	16 th Walk- 4 miles
12- June (32 miles)	17 th Relax & Stretch	18 th Relax & Stretch	19 th Activity day	20 th Relax & Stretch	21 st Relax & Stretch	22nd- Pier 2 Pier Norfolk!	23rd WELL DONE!!

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We highly recommend you get some training walks booked in – wear the kit you plan to have on during the challenge. This is a tough challenge so please do put some good training walks in. It's a great opportunity to explore the beautiful countryside around you!

Please do not turn up having completed no training.

Walk days – Get in the habit of regular walking, find your pace and test out the best equipment for you! If your unable to find time during the week to walk, consider other ways to keep moving such as taking the stairs or try a standing desk.

Activity days – Try other activities such as swimming, dancing, cycling, step ups, lunges etc; which are all great for leg strengthening.

Relax & Stretch – Rest is vital to let your muscles recover, but stretching is just as important. Make it a daily habit to do 15 minutes of stretching.

Share your training walks with others – how about posting an invite onto the Facebook Group? It's always good to have a team of you going out and a chance to meet fellow walkers who are also taking on the 32 mile challenge.

Suggested Training Walks...

- Cromer – Sheringham – Cromer – **8 miles**
- Marriott's Way – Norwich to Whitwell Station – **12.7 miles**
- Wherryman's Way – Trowse to Loddon – **21.6 miles**

The Norfolk Coast Path – any stretch of it that appeals to you! Find out more at: www.norfolk.gov.uk/out-and-about-in-norfolk/norfolk-trails

Thank you for your support and GOOD LUCK with your training and fundraising!