

# Pier 2 Pier Suffolk- 16 Mile- 10 Week Training Plan 2024



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

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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 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 16 mile challenge.

## Suggested Training Walks...

- Easterling – Oulton Broad South station – Lowestoft station – **4 miles**
- Framlingham – Wickham Market station – Framlingham – **7.2 miles**
- Halesworth to Blythburgh and Southwold – Halesworth station – Southwold – **10 miles**

The Suffolk countryside – any stretch of it that appeals to you! Find out more at: <https://www.suffolk.gov.uk/planning-waste-and-environment/suffolks-countryside-and-wildlife/exploring-the-suffolk-countryside/>

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