

# Pier 2 Pier Norfolk - 32 Mile - 12 Week Training Plan 2025



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

# Pier 2 Pier Norfolk - 32 Mile - 12 Week Training Plan 2025



We highly recommend you train for this challenge, do not underestimate tackling 32 miles in one day! Train in the same kit you plan to wear on the day and walk on similar terrain too (sand, shingle, footpaths, dunes). This is a tough challenge however the training plan will ensure you complete the 32 miles successfully! 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 Coastal Path – any stretch of it that appeals to you! Find out more [here!](#)

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