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| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **1- Jun/Jul**  **(6 miles)** | 30th  Relax & Stretch | 1st  Relax & Stretch | 2nd  Relax & Stretch | 3rd  Walk- 2 miles | 4th  Relax & Stretch | 5th  Relax & Stretch | 6th  Walk- 4 miles |
| **2- July**  **(7 miles)** | 7th  Relax & Stretch | 8th  Activity day | 9th  Walk- 3 miles | 10th  Relax & Stretch | 11th  Relax & Stretch | 12th  Relax & Stretch | 13th  Walk- 4 miles |
| **3- July**  **(7 miles)** | 14th  Activity day | 15th  Relax & Stretch | 16th  Walk- 2 miles | 17th  Activity day | 18th  Relax & Stretch | 19th  Relax & Stretch | 20th  Walk- 5 miles |
| **4- July**  **(10 miles)** | 21st  Relax & Stretch | 22nd  Walk- 2 miles | 23rd  Activity day | 24th  Walk- 3 miles | 25th  Relax & Stretch | 26th  Relax & Stretch | 27th  Walk- 5 miles |
| **5- Jul/Aug**  **(12 miles)** | 28th  Walk- 3 miles | 29th  Activity day | 30th  Relax & Stretch | 31st  Walk- 3 miles | 1st  Activity day | 2nd  Relax & Stretch | 3rd  **Walk- 6 miles** |
| **6- Aug**  **(10 miles)** | 4th  Relax & Stretch | 5th  Walk- 3 miles | 6th  Relax & Stretch | 7th  Relax & Stretch | 8th  Activity day | 9th  Relax & Stretch | 10th  **Walk- 7 miles** |
| **7- Aug**  **(16 miles)** | 11th  Relax & Stretch | 12th  Activity day | 13th  Walk- 5 miles | 14th  Relax & Stretch | 15th  Walk- 3 miles | 16th  Relax & Stretch | 17th  **Walk- 8 miles** |
| **8- Aug**  **(13 miles)** | 18th  Relax & Stretch | 19th  Activity day | 20th  Walk- 3 miles | 21st  Relax & Stretch | 22nd  Activity day | 23rd  Relax & Stretch | 24th  **Walk- 10 miles** |
| **9- Aug**  **(6 miles)** | 25th  Activity day | 26th  Relax & Stretch | 27th  Walk- 3 miles | 28th  Relax & Stretch | 29th  Activity day | 30th  Relax & Stretch | 31st  Walk- 3 miles |
| **10- Sep**  **(16 miles)** | 1st  Relax & Stretch | 2nd  Relax & Stretch | 3rd  Activity day | 4th  Relax & Stretch | 5th  Relax & Stretch | **6th - Pier 2 Pier Suffolk!** | **7th**  **WELL DONE!!** |

**Pier 2 Pier Suffolk - 16 Mile - 10 Week Training Plan 2025**

**Pier 2 Pier Suffolk - 16 Mile - 10 Week Training Plan 2025**

We highly recommend you train for this 16 mile challenge. Train in the same kit you plan to wear on the day and walk on similar terrain too (sand, shingle, footpaths). This is a tough challenge however the training plan will ensure you complete the route successfully! It’s a great opportunity to explore the beautiful countryside around you!

**Please do not turn up having completed no training.**

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| **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 [**here**](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!**