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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!**