

Pier 2 Pier Norfolk - 32 Mile - 12 Week Training Plan 2026



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

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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!