

# Pier 2 Pier Suffolk - 16 Mile - 10 Week Training Plan 2026



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

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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.

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!](#)

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