

24-mile Training Plan

Week	Walk Day 1 (Easy Pace)	Walk Day 2 (Steady Pace)	Walk Day 3 – Long Walk (Steady / Brisk Pace)	Rest Days (Per week)	Mobility / Mindfulness
1	20 mins	35 mins	1 hour	2-3	Light Stretching
2	25 mins	40 mins	1 hour 15 mins	2-3	Squats, Glute Bridges
3	30 mins	45 mins	1 hour 30 mins	2-3	Gentle Yoga
4	30 mins (+ brisk section)	1 hour	1 hour 45 mins	2-3	Hip & Ankle Mobility
5	35 mins	1 hour 15 mins	2 hours	2-3	Step-ups & Planks
6	40 mins (hills optional)	1 hour 15 – 20 mins	2 hours 30 mins	2-3	Yoga for Legs
7	40 mins	1 hour 30 mins	3 hours	2-3	Balance & Calf/IT release
8	45 mins	1 hour 30 mins (hills)	3 hours 30 mins	2-3	Meditation & Long Stretch
9	45 mins	1 hour 45 mins	4 hours	2-3	Deep Recovery Stretching
10	30 mins	45 mins	1 hour 30 mins	3 (taper)	Light Mobility & Relaxation

24km Training Plan

Week	Walk Day 1 (Easy Pace)	Walk Day 2 (Steady Pace)	Walk Day 3 – Long Walk (Steady / Brisk Pace)	Rest Days (Per week)	Mobility / Mindfulness
1	15 mins	25 mins	45 mins	2-3	Light Stretching
2	20 mins	30 mins	1 hour	2-3	Squats, Glute Bridges, Calf Raise
3	20–25 mins	35 mins	1 hour 15 mins	2-3	Beginner Yoga
4	25 mins	40 mins	1 hour 30 mins	2-3	Hip Openers & Trunk Rotation
5	25–30 mins	45 mins	1 hour 45 mins	2-3	Step-ups & Planks
6	30 mins	50 mins	2 hours	2-3	Yoga for Legs
7	30 mins	55 mins	2 hours 15 mins	2-3	Balance+ IT band work
8	30 mins	1 hour	2 hours 30 mins	2-3	Mindfulness Walk & Stretch
9	30 mins	1 hour	2 hours 45 mins - 3 hours	2-3	Deep Stretch Session
10	20 mins	40 mins	1 hour	3 (taper)	Gentle Mobility & Relaxation