

# CBHS Can4Cancer Fit Steps

## YOUR 21KM WALK TRAINING PLAN

	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6	WEEK 7 & 8	WEEK 9 & 10	TRAINING TIPS!
MONDAY	<ol style="list-style-type: none"> <li>2km slow pace</li> <li>4km slow pace</li> </ol>	<ol style="list-style-type: none"> <li>4km slow pace</li> <li>5km slow pace</li> </ol>	5km slow pace	<ol style="list-style-type: none"> <li>6km slow pace</li> <li>4km slow pace</li> </ol>	<ol style="list-style-type: none"> <li>4km slow pace</li> <li>2km slow pace</li> </ol>	Stay hydrated while training and bring some snacks (like bananas, nuts, nut bars or grapes) on your long walks. Remember to keep drinking after your walk to replace lost fluids.
TUESDAY	Rest					Use your rest days wisely and stretch or foam roll!
WEDNESDAY	<ol style="list-style-type: none"> <li>2km medium pace</li> <li>4km medium pace</li> </ol>	4km medium pace	<ol style="list-style-type: none"> <li>5km medium pace</li> <li>6km medium pace</li> </ol>	<ol style="list-style-type: none"> <li>6km medium pace</li> <li>4km medium pace</li> </ol>	<ol style="list-style-type: none"> <li>4km medium pace</li> <li>2km medium pace</li> </ol>	Make sure you warm up and cool down with 10 minutes or more of stretching.
THURSDAY	Cross train 30 minutes	Cross train 40 minutes	Cross train 50 minutes	Cross train 60 minutes	<ol style="list-style-type: none"> <li>Cross train 45 minutes</li> <li>Cross train 30 minutes</li> </ol>	Cross training can include cycling, using an elliptical machine, swimming or a gym class!
FRIDAY	<ol style="list-style-type: none"> <li>1km fast pace or hills</li> <li>2km fast pace</li> </ol>	2km fast pace	<ol style="list-style-type: none"> <li>1km fast pace or hills</li> <li>2km fast pace</li> </ol>	2km fast pace	<ol style="list-style-type: none"> <li>2km fast pace</li> <li>1km fast pace or hills</li> </ol>	Do your training in the clothes, shoes and bag you intend to wear on the day to make sure they are comfortable over long distances and don't chafe.
SATURDAY	<ol style="list-style-type: none"> <li>4km long walk easy pace</li> <li>5km long walk easy pace</li> </ol>	<ol style="list-style-type: none"> <li>8km long walk easy pace</li> <li>11km long walk easy pace</li> </ol>	<ol style="list-style-type: none"> <li>13km long walk easy pace</li> <li>15km long walk easy pace</li> </ol>	18km long walk	<ol style="list-style-type: none"> <li>10km long walk</li> <li>8km long walk easy pace</li> </ol>	Walk at your own pace - Can4Cancer is not a race.
SUNDAY	Recovery day - if you're feeling up to it, mix things up with something gentle on your body, like swimming or yoga. Maybe try one of our recorded Health Hub sessions like <a href="#">yogalates</a> , <a href="#">yoga</a> , or a nice <a href="#">stretch</a> . The password is 'HealthHub'.					