

20-30 km Distance Program

A Training Lent

Day	Date	Weeks in January to 07 February	Date	Week 4	Day
Monday	01 Feb.	1 hour hill walk with pack	29 Feb.	1 hour hill walk with pack	Monday
Tuesday	02 Feb.	40 minute walk, fast pace	01 Mar.	40 minute walk, fast pace	Tuesday
Wednesday	03 Feb.	Rest day and stretch	02 Mar.	30 min walk, undulating, fast pace and stretch	Wednesday
Thursday	04 Feb.	1 hour walk, medium pace	03 Mar.	75 minute walk, medium pace	Thursday
Friday	05 Feb.	Rest day	04 Mar.	Rest day	Friday
Saturday	06 Feb.	12 km walk with pack	05 Mar.	20 km walk with pack	Saturday
Sunday	07 Feb.	Rest day and stretch	06 Mar.	Rest day and stretch	Sunday
Day	Date	Week 1	Date	Week 5	Day
Monday	08 Feb.	1 hour hill walk with pack	07 Mar.	1 hour hill walk with pack	Monday
Tuesday	09 Feb.	40 minute walk, fast pace	08 Mar.	40 minute walk, fast pace	Tuesday
Wednesday	10 Feb.	ASH WEDNESDAY - Rest day and stretch	09 Mar.	30 min walk, undulating, fast pace and stretch	Wednesday
Thursday	11 Feb.	1 hour walk, medium pace	10 Mar.	75 minute walk, medium pace	Thursday
Friday	12 Feb.	Rest day	11 Mar.	Rest day	Friday
Saturday	13 Feb.	14 km walk with pack	12 Mar.	22 km walk with pack	Saturday
Sunday	14 Feb.	Rest day and stretch	13 Mar.	Rest day and stretch	Sunday
Day	Date	Week 2	Date	Week 6	Day
Monday	15 Feb.	1 hour hill walk with pack	14 Mar.	1 hour hill walk with pack	Monday
Tuesday	16 Feb.	40 minute walk, fast pace	15 Mar.	40 minute walk, fast pace	Tuesday
Wednesday	17 Feb.	Rest day and stretch	16 Mar.	30 min walk, undulating, fast pace and stretch	Wednesday
Thursday	18 Feb.	75 minute walk, medium pace	17 Mar.	75 minute walk, medium pace	Thursday
Friday	19 Feb.	Rest day	18 Mar.	Rest day	Friday
Saturday	20 Feb.	16 km walk with pack	19 Mar.	25 km walk with pack	Saturday
Sunday	21 Feb.	Rest day and stretch	20 Mar.	Rest day and stretch	Sunday
Day	Date	Week 3	Date	HOLY WEEK	Day
Monday	22 Feb.	1 hour hill walk with pack	21 Mar.	1 hour walk, medium pace	Monday
Tuesday	23 Feb.	40 minute walk, fast pace	22 Mar.	40 minute walk, fast pace	Tuesday
Wednesday	24 Feb.	30 min walk, undulating, fast pace and stretch	23 Mar.	30 min walk, undulating, fast pace and stretch	Wednesday
Thursday	25 Feb.	75 minute walk, medium pace	24 Mar.	Rest day and stretch	Thursday
Friday	26 Feb.	Rest day	25 Mar.	GOOD FRIDAY - 1 hour walk, medium pace	Friday
Saturday	27 Feb.	18 km walk with pack	26 Mar.	VIGIL - Rest day and stretch	Saturday
Sunday	28 Feb.	Rest day and stretch	27 Mar.	EASTER - CAMINO BEGINS!	Sunday