



6 WEEK WALKING SCHEDULE

WEEKS 2 GO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
February >> 1 REST	2 20 min*	3 20 min	4 20 min	5 REST	6 20 min	7 40 min	00
February >> 8 REST	9 30 min*	10 20 min	11 30 min	12 REST	13 30 min	14 45 min	05
February >> 15 REST	16 40 min*	17 20 min	18 40 min	19 REST	20 30 min	21 60 min	04
February >> 22 REST	23 40 min*	24 20 min	25 40 min	26 REST	27 30 min	28 60 to 70 min	03
March >> 1 REST	2 40 min*	3 20 min	4 40 min	5 REST	6 30 min	7 45 min	02
March >> 8 REST	9 30 min*	10 20 min	11 40 min	12 REST	13 very easy 15 min	14 POA Round the Bays	01

*Train at the **Auckland Joggers Club** www.joggers.co.nz

Notes for Ports of Auckland Round the Bays Walking Training Schedule:

Congratulations on literally taking steps towards better fitness and hopefully good health.

All training in this schedule is walking and should be conducted at a comfortable effort. It is quite OK to hold a conversation with a partner while out training. In fact, if you can't hold a conversation with someone while training it means you are going

far too hard! Mondays and Fridays are rest days to allow for recovery. It is quite OK to swap Saturdays and Sundays training around to fit in with weekend commitments.

The training schedule features 5 weeks of increasing volume followed by 8 days a bit easier to freshen up for the event. Participants using this

training schedule should be aiming to complete POA Round the Bays in a relaxed enjoyable fashion.

If you don't go too fast this year it's easier to improve your time next year!

Good training!