

# The Marsden March

Sunday 4th March 2018

Sponsored by

**BANHAM**

## Training plan

### Beginner guide

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The following guide outlines a progressive programme designed to prepare you for the 14-mile route. Feel free to adapt this to suit your specific needs, targets and limitations.

When we suggest a slow pace we mean one that you are comfortable with for a long duration. A moderate pace is a little quicker but you should still be able to maintain a conversation. A fast pace is quicker still and it would be difficult to maintain this for extended periods.

The days you train on aren't vital, though we recommended you take your recovery days following tough sessions, particularly the long session (Sunday on our schedule). On this walk, try to pick a more interesting route – maybe off road with varying terrain. For route planning visit

[www.realbuzz.com/maps](http://www.realbuzz.com/maps)

We cannot take any responsibility for injuries/illnesses/accidents that may occur when following this guide. If unsure/unwell, stop and seek professional help immediately.

#### 14-Mile Walkers

Follow this guide if walking non-stop at a moderate pace for an hour is too challenging at the moment:

##### Week 1 and 2

Tuesday 30mins slow  
Thursday 30mins moderate pace  
Sunday 3-4 miles slow

##### Week 3

Tuesday 15mins moderate pace, 5mins slow, repeat x3 (60mins total)  
Thursday 45mins moderate pace  
Sunday 4-5 miles slow

##### Week 4 and 5

Tuesday 20mins moderate pace, 5mins slow, repeat x3 (75mins total)  
Thursday 1 hour moderate pace  
Sunday 5-6miles slow

##### Week 6

Tuesday 10mins fast pace, 5mins slow, repeat x5 (75mins total)  
Thursday 1 hour 15mins moderate pace  
Sunday 6-8miles slow

##### Week 7

Tuesday 15mins fast pace, 5mins slow, repeat x4 (80mins total)  
Thursday 1 hour 30mins moderate pace  
Sunday 8-10 miles slow

##### Week before

Tuesday 30mins moderate pace  
Thursday 45mins slow

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