

The
BANHAM
Marsden
March
2023



*The Banham
Marsden March 2023
Training guide*





Training plans

Below are your beginner and intermediate training plans to help prepare you for the 15-mile route of The Banham Marsden March. You can adapt these guides to your current fitness level. Remember, do what's comfortable for you, at a pace that suits you.

Slow pace: one that you're comfortable with for a longer period.

Moderate pace: this is a little quicker, but you should still be able to maintain a conversation.

Fast pace: this is quicker still and would be difficult to maintain for extended periods.

You can choose days to suit you, although we recommend you take your recovery days following tough sessions, particularly the longer walks. Try to pick new and interesting routes with varying terrain to help keep you motivated.

The Royal Marsden Cancer Charity cannot take any responsibility for injuries, illnesses or accidents that may occur when following this guide. If you feel unsure or unwell, please stop and seek professional help immediately.



Beginner guide

15-mile walkers

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



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



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



Tuesday
15 mins moderate pace,
5 mins slow
repeat x 3 (1 hour total)
Thursday
45 mins moderate pace
Sunday
4-5 miles slow



Tuesday
15 mins fast pace,
5 mins slow, repeat x 4
(1 hour 20 mins total)
Thursday
1 hour 30 mins
moderate pace
Sunday
8-10 miles slow



Tuesday
20 mins moderate pace,
5 mins slow, repeat x 3
(1 hour 15 mins total)
Thursday
1 hour moderate pace
Sunday
5-6 miles slow



Tuesday
30 mins moderate pace
Thursday
45 mins slow



Sunday 14 May 2023
The Banham Marsden March

Intermediate guide

15-mile walkers

Follow this guide if walking non-stop at a moderate pace for an hour is currently achievable:



Tuesday
45 mins slow
Thursday
45 mins moderate pace
Sunday
4 miles slow



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



Tuesday
15 mins moderate pace,
5 mins fast
repeat x 3 (1 hour total)
Thursday
1 hour moderate pace
Sunday
5 miles slow



Tuesday
15 mins fast pace,
5 mins moderate,
repeat x 4
(1 hour 20 mins total)
Thursday
1 hour 45 mins
moderate pace
Sunday
10 miles slow



Tuesday
20 mins moderate pace,
5 mins fast, repeat x 3
(1 hour 15 mins total)
Thursday
1 hour 15 mins
moderate pace
Sunday
6 miles slow



Tuesday
30 mins moderate pace
Thursday
45 mins slow



Sunday 14 May 2023
The Banham Marsden March