



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 AUG 2022	2 AUG 2022	3 AUG 2022	4 AUG 2022	5 AUG 2022	6 AUG 2022	7 AUG 2022
WEEK 1	REST DAY	15min walk	Pilates, Yoga or gentle strength and core exercises	15min walk	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday) Massa, aids ir recove	massage
	8 AUG 2022	9 AUG 2022	10 AUG 2022	11 AUG 2022	12 AUG 2022	13 AUG 2022	14 AUG 2022
WEK 2	REST DAY	20min walk/ 1km	Pilates, Yoga or gentle strength and core exercises	20min walk/ 1km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	20min walk/ 1km + 15 min stretch + 15 min leg and foot massage
	15 AUG 2022	16 AUG 2022	17 AUG 2022	18 AUG 2022	19 AUG 2022	20 AUG 2022	21 AUG 2022
WEEK 3	REST DAY	20min walk/ 1km	Pilates, Yoga or gentle strength and core exercises	20min walk/ 1km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	20min walk/ 1km + 15 min stretch + 15 min leg and foot massage
	22 AUG 2022	23 AUG 2022	24 AUG 2022	25 AUG 2022	26 AUG 2022	27 AUG 2022	28 AUG 2022
WEEK 4	REST DAY	30min walk	Pilates, Yoga or gentle strength and core exercises	30min walk	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	30min walk + 15 min stretch + 15 min leg and foot massage

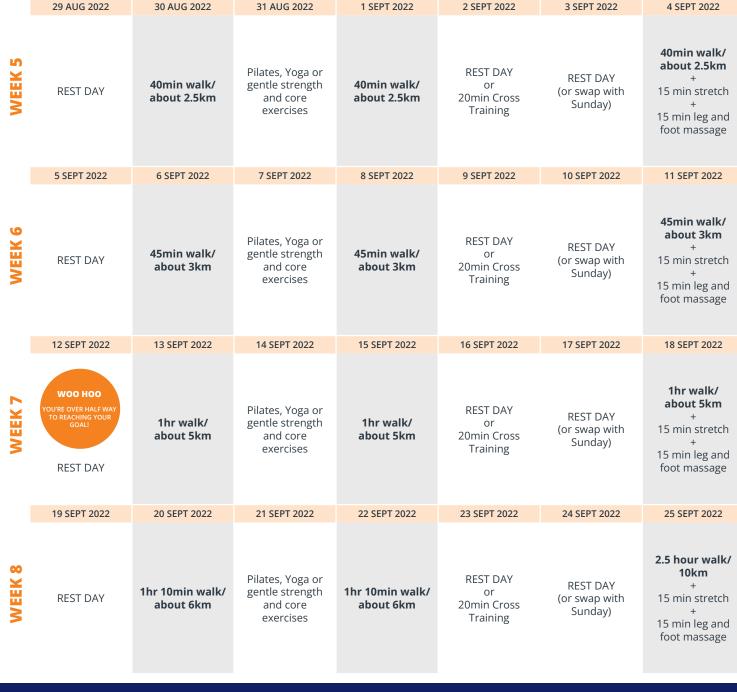
CROSS TRAINING IDEAS: An aerobic activity such as swimming or cycling that uses different muscles but still improves your cardio fitness.



MONDAY

TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

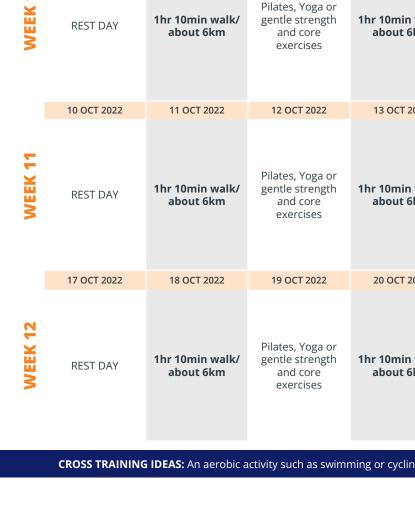
SATURDAY

SUNDAY

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7 Bridges Walk



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	26 SEPT 2022	27 SEPT 2022	28 SEPT 2022	29 SEPT 2022	30 SEPT 2022	1 OCT 2022	2 OCT 2022
WEEK 9	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	3 hour walk/ about 12km + 15 min stretch + 15 min leg and foot massage
	3 OCT 2022	4 OCT 2022	5 OCT 2022	6 OCT 2022	7 OCT 2022	8 OCT 2022	9 OCT 2022
WEEK 10	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	5 hour walk/ about 18km + 15 min stretch + 15 min leg and foot massage
	10 OCT 2022	11 OCT 2022	12 OCT 2022	13 OCT 2022	14 OCT 2022	15 OCT 2022	16 OCT 2022
WEEK 11	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	8 hour walk/ about 24km + 15 min stretch + 15 min leg and foot massage
	17 OCT 2022	18 OCT 2022	19 OCT 2022	20 OCT 2022	21 OCT 2022	22 OCT 2022	23 OCT 2022
WEEK 12	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY	FNJOY!! 7 BRIDGES WALK 28KM + 15 min stretch + 15 min massage

CROSS TRAINING IDEAS: An aerobic activity such as swimming or cycling that uses different muscles but still improves your cardio fitness.