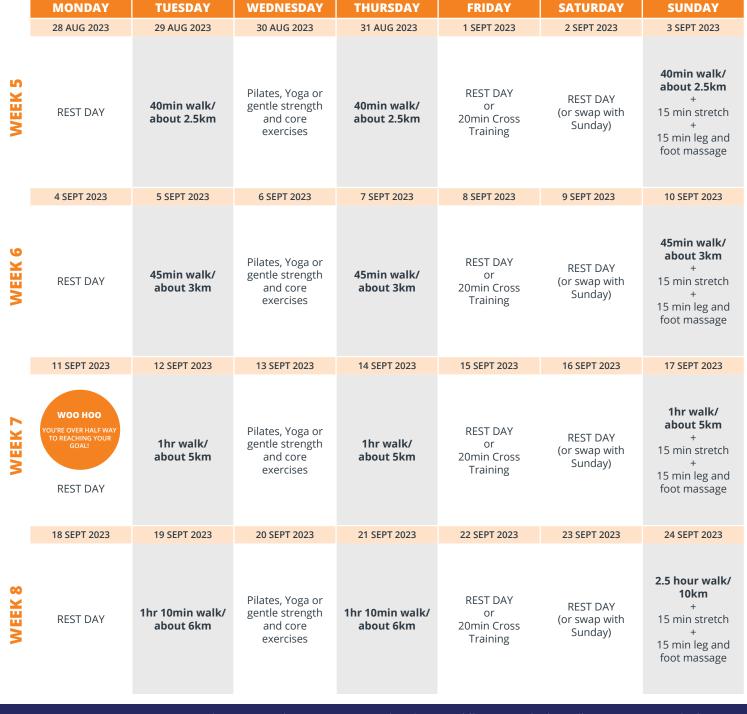


CROSS TRAINING IDEAS: An aerobic activity such as swimming or cycling that uses different muscles but still improves your cardio fitness.





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
	25 SEPT 2023	26 SEPT 2023	27 SEPT 2023	28 SEPT 2023	29 SEPT 2023	30 SEPT 2023	1 OCT 2023
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
	2 OCT 2023	3 OCT 2023	4 OCT 2023	5 OCT 2023	6 OCT 2023	7 OCT 2023	8 OCT 2023
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
	9 OCT 2023	10 OCT 2023	11 OCT 2023	12 OCT 2023	13 OCT 2023	14 OCT 2023	15 OCT 2023
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
	16 OCT 2023	17 OCT 2023	18 OCT 2023	19 OCT 2023	20 OCT 2023	21 OCT 2023	22 OCT 2023
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	ENJOY!! 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.