



## WALKING TO POWER HEART RESEARCH

# Walking training plan for advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross training easy	Walk 3 miles fast pace	Walk 70 mins intervals	Cross training 60 mins	Rest	Walk 10 miles medium pace	Walk 6 miles fast pace
2	Cross training easy	Walk 3 miles fast pace	Walk 70 mins intervals	Cross training 60 mins	Rest	Walk 10 miles fast pace	Walk 10 miles medium pace
3	Cross training easy	Walk 3 miles fast pace	Walk 70 mins intervals	Cross training 70 mins	Rest	Walk 12 miles fartlek	Walk 10 miles. Start slow then medium pace
4	Cross training easy	Walk 3 miles fast pace	Walk 70 mins intervals	Cross training 80 mins	Rest	Walk 10 miles slow pace	Walk 8 miles fast pace
5	Cross training easy	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 60 mins	Rest	Walk 15 miles fartlek	Walk 6 miles medium pace

**FIGHT FOR EVERY HEARTBEAT**

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6</b>	Cross training easy	Walk 5 miles medium pace	Walk 95 mins intervals	Cross training 90 mins	Rest	Walk 10 miles medium pace	Walk 8 miles fast pace
<b>7</b>	Cross training easy	Walk 5 miles medium pace	Walk 70 mins intervals	Cross training 90 mins	Rest	Walk 15 miles fartlek	Walk 10 miles medium pace
<b>8</b>	Cross training easy	Walk 5 miles medium pace	Walk 95 mins intervals	Cross training 90+ mins	Rest	Walk 10 miles medium pace	Walk 10 miles medium pace
<b>9</b>	Cross training very easy	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 60 mins	Rest	Walk 15 miles fartlek	Walk 12 miles medium pace
<b>10</b>	Cross training very easy	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 60 mins	Rest	Walk 20 miles medium pace	Walk 12-15 miles medium pace. Don't force hard.

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