

TRAINING PLAN - THE PALACE WALK



It's not everyday you walk 13 miles. Build endurance and toughen your feet, to prevent blisters, with this half marathon training plan.

Don't worry if you don't follow it step by step. Aim for 30 - 90 minutes of walking, a few times a week and mix up the terrain. You can also include any cross training, such as cycling and swimming.

WEEK 1

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	3 miles	Rest	3 miles	Rest	3 miles	4 miles

WEEK 2

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	3 miles	Rest	3 miles	Rest	3 miles	5 miles

WEEK 3

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	3 miles	Rest	3 miles	Rest	3 miles	6 miles

WEEK 4

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	3 miles	Rest	3 miles	Rest	3 miles	7 miles

Top tips:

- Make sure you have the right walking shoes or hiking boots and wear them in!
- Treat yourself to some hiking socks.
- Keep your toenails short to prevent ingrowns.
- Wear appropriate clothing while training. Jeans are not your friend.
- Treat problem spots on your feet to prevent blisters.
- Remember to stretch before and after the walk.
- Stay hydrated.
- During your practise walks carry your rucksack so you are used to the weight.

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WEEK 5

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	3 miles	Rest	4 miles	Rest	4 miles	7 miles

WEEK 6

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	7 miles

WEEK 7

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	8 miles

You're half way through the training plan - High five!

WEEK 8

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	9 miles

WEEK 9

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	6 miles

WEEK 10

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	8 miles

WEEK 11

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	12 miles

WEEK 12

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	8 miles

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I found The Prince’s Trust through a social media advert and joined the Get Started with Comedy course. Finding The Trust was a real life-changer. I met new people, my confidence grew, and I felt safe and well looked after.

- Mark Newsome



WEEK 13

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	14 miles

WEEK 14

MON	TUES	WED	THUR	FRI	SAT	SUN
Rest	4 miles	Rest	4 miles	Rest	4 miles	6 miles

WEEK 15

Use this week to gather everything you need for the event and check all the event day logistics. Check your start time, how you will be getting there, travel arrangements, check for delays planned for this weekend. Do everything you can to avoid stress on Sunday.

MON	TUES	WED	THURS	FRI	SAT	SUN
Rest	3 miles	Rest	3 miles	Rest	Rest	The big day!

This training plan has been adapted from Very Well Fit.

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On the day

Here are the key things you need to know:

- Please arrive 15 minutes prior to the start time.
- There's no registration process on the day, so head straight to the start at Windsor Racecourse which will be clearly sign posted.
- Make sure you attach your bib number to the front of your top (don't forget your safety pins)
- If you need to collect a replacement bib number on the day, please go to the information point.
- You will receive a key info card in your walk pack including feed station information and an emergency number. Bring this along and keep in a pocket. Please also add the emergency number to your mobile phone before you set off.
- Toilets are available at the start and finish line and at the two feed stations, our marshals will be able to direct you.
- Please write your emergency contact details on the reverse of your bib number before arriving. If this is not completed before arrival it could delay your start time. It is mandatory to complete these details.

We also recommend bringing the following items:

- Snacks such as flapjack, energy bars or gels
- Money – cash and card
- Charged mobile phone
- Lightweight waterproof jacket and trousers (just in case)
- Spare socks
- Sunscreen (just in case)
- Small first aid kit
- Any medication you need
- Your route map which we recommend reading at home

Top tips for the big day:

- Wear appropriate clothing. Jeans are not your friend.
- Wear layers and a hat. It will be chilly at the start but you'll soon warm up.
- Tape your feet to prevent blisters.
- Remember to stretch before and after the walk.
- Only carry what you need.
- Stay hydrated and where possible eat little and often.
- Change your socks at pitstops. Your feet will thank us.
- Fancy dress is optional but encouraged.