



THE PALACE WALK

Headline Partner



TRAINING PLAN

13 mile walk



WELCOME TO YOUR TRAINING PLAN

Firstly, a huge thank you for signing up for The Palace Walk and taking on this incredible challenge to raise vital funds for The King's Trust! We're absolutely thrilled to have you on this journey with us, and we hope this 12-week training plan will leave you feeling confident, prepared, and excited for the big day on **Sunday 4 October**.

We've created this challenging, but achievable training plan, packed with practical tips to help you make the most of every mile. You can check off each walk you complete (and your equally important rest days) so you can see your progress.

We know that 13.1 miles can feel like a big leap, especially if you're used to much shorter walks, but here's the good news, this challenge isn't about being an elite athlete - it's about pacing yourself, building consistency, and growing your confidence week by week.

This experience is about more than just crossing the finish line. It's about enjoying the walk and exploring iconic landmarks of London, feeling strong and in control!

By following this plan, you'll gradually increase your fitness and stamina, boost your comfort (and break in your shoes!), and hit key milestones - so by the time event day arrives, you'll already know you can do the distance.

This guidance and training plan comes from experts who understand the demands of The Palace Walk, so you're in safe hands. Remember, this isn't just about finishing, it's about enjoying every moment and making a real difference to the lives of young people through your fundraising.

We can't wait to see you on the start line at Battersea Park!

Becky and the Palace to Palace team.



Supporting Partners



Weeks 1-6 Training Plan

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. **You can tick off each day as you go along and watch your progress build.**



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.
- Stay hydrated.

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	4 miles ☐

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	5 miles ☐

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	6 miles ☐

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	7 miles ☐

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	7 miles ☐

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	7 miles ☐

ROUTE MAP



The course has been carefully chosen by Massive, our event delivery partner to ensure you have a safe and enjoyable experience. You can check out the full route and profile here: [Full route \(Click link\)](#)

This is a brand new walking route and is in a different location to previous years. For the first time, The Palace Walk takes place across London to celebrate 50 years of The King's Trust.

Weeks 7-12 Training Plan

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

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 so you're prepared for all aspects of the event day route. You can switch up some of the shorter walks for any cardio of your choice, such as cycling or swimming.



Top tips

- Wear appropriate clothing.
- Treat problem spots on your feet to prevent blisters.
- Remember to stretch before and after the walk.
- During your practice walks carry your rucksack so you are used to the weight.

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	9 miles ☐

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	6 miles ☐

Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	12 miles ☐

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	8 miles ☐

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	Rest ☐	4 miles ☐	6 miles ☐

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest ☐	3 miles ☐	Rest ☐	3 miles ☐	Rest ☐	Rest ☐	Event Day!

See the change you're powering.



£20

Could pay for a young person to receive support from an experienced King's Trust youth worker for an hour.

£50

Could cover the travel costs for an isolated young person to attend a two-week King's Trust course, helping them build vital skills and gain valuable work experience.

£100

Could provide the essential equipment a young entrepreneur needs to launch their business.



£250

Could support a young person living in poverty with a laptop, empowering them with the equipment they need to unlock opportunities.



£500

Could fund a 'Test My Business' Grant, supporting young people as they form their new businesses.



£2000

Could fund a place on the Enterprise programme for one young person, providing them with the skills, knowledge and confidence to launch their own business.

YOUR FUNDRAISING HELPS YOUNG PEOPLE LIKE STEPHANIE

Stephanie, aged 28, from Ballmoney, is the founder of SKYDANCE NI, a Zumba and aerial fitness business built to foster joy and connection.

After facing mental health challenges and working long hours in hospitality, Stephanie left the industry in 2022 and joined The King's Trust Enterprise programme. With The Trust's support, she launched her business and now runs multiple weekly classes including hula hoop and bungee fitness, creating a vibrant community where people feel seen and supported.

“The Trust gave me the foundation I needed and helped me understand the details of being a business owner.” - Stephanie

Stephanie's journey, from isolation and financial hardship to self-employment, fuels her mission to uplift others. Today, she has a sustainable business plan, employs three staff and has big plans for the future. She continues to volunteer with a local organisation supporting unemployed young people and dreams of securing a long-term studio lease where she can host circus-style cabaret nights and expand her community even further.



Stephanie's reflections

“I applied for a King's Trust Test My Business Idea grant and used it to order 2,000 leaflets, all of which I pushed through letterboxes myself. I was constantly innovating – introducing block bookings, new workshops and guest instructors to gain new clients.

When classes flopped, I didn't give up. The Trust gave me the foundation I needed and helped me understand the details of being a business

owner. The grants made a huge difference as I was able to buy equipment outright, grow faster and add new options like bungee classes.

“The community that grew from these classes was life-changing. People who once felt isolated now meet for coffee, sea dips and nights out together. Members of the local community have gained a new way to stay active and connected.”

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 line at Battersea Park, which will be clearly signposted.
- 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.



ON THE DAY

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.

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 you.
- Fancy dress is optional but encouraged.



