

# 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

### 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.

## WEEK 4

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

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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

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

## WEEK 7

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

## WEEK 8

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



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 at [Ride with GPS](#).

Please note, that compared to last year, this year's route is in reverse.

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## 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

## 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	THURS	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!

## BY TAKING PART AND FUNDRAISING FOR PALACE TO PALACE YOU COULD BE THE TURNING POINT FOR A YOUNG LIFE.



**£5** could cover the cost of a bus ticket for a young person to attend their first job interview, your donation could help unlock an inspiring career.



**£10** could fund a call to our helpline, enabling a vulnerable young person gain the critical advice they need.



**£15** could contribute towards our work in schools, equipping a classroom with the right tools to help young people re-engage with learning.



**£20** could provide a young person with an experienced youth worker for an hour, building their confidence, resilience and motivation during this time.



**£55** could help The King's Trust provide a young person managing a struggling new business with expert mentoring.



**£100** could leave a lasting legacy, this donation could contribute towards the specialist equipment that opens up a lifelong career for 1 young person on the margins of society.

# YOUR FUNDRAISING HELPS YOUNG PEOPLE LIKE TERRY.

Working at a fast-food chain, Terry felt stuck and was unsure about his future. Passionate about pursuing a career in the gaming industry, he came to The King's Trust to complete 'Get Started with Games Design', a course delivered by NextGen. This helped him secure employment within this space.

"I worked in fast food for several years, but I wasn't fulfilled. I felt like I didn't any direction, and that my career was stuck in a cul-de-sac. Eventually, this impacted my mental health and how I saw myself. I wanted to do more, but I lacked the self-confidence and opportunity to pursue my dream of working in gaming.

"My luck changed when I applied for the Get Started with Gaming programme.

"During the week-long course, we learned all about working in the games industry, designed our own concept for a game, and presented our ideas at the end. On the course my creativity flowed, which really improved my mental health and boosted my self-confidence. I could see my own potential again and was motivated to be successful.

"The course gave me a clear focus and the belief that the job I wanted was out there. I began asking around and persistently applying, and it wasn't long before I landed my first role at a games company. Since then, I've moved on and am now employed with another video game developer.

"Within a few years I've been able to secure various roles within the gaming industry – I had to work hard to get here, but the support from The King's Trust has been unparalleled.

"I now feel really positive about my future. I'm continuing to build my knowledge of the industry and am continuously progressing in my current field. My ambition was to work in the gaming sphere, in a job that gives me financial stability and makes me happy, and because of The Trust I am now living my aspiration.

"My advice to other young people would be to get yourself out there in any way that you can. Ask for help, search for opportunities, and make full use of anything that you find. I know it can be difficult, but don't hold back from asking for what you want. I'm so glad that I did."



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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 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.

### 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 you.
- Fancy dress is optional but encouraged.