

# 100KM—Training Plan

This is a sample program based on a 12 week training period. Remember the most important thing is to get out and walk on real terrain and incorporate hills. Try to train for a minimum of 3 out of 7 days per week.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	20 min walk	REST	20 min walk	Cross-Train	REST	8km walk	REST or Stretch
2	Cross-Train	REST	30 min walk	REST	REST	11 km walk	REST or Stretch
3	30 min walk	Cross-Train	50 min walk	REST	8 km walk	8 km walk	REST or Stretch
4	Cross-Train	4 km walk	40 min walk	Cross-Train	REST	16 km walk	16 km walk
5	30 min walk	Cross-Train	50 min walk	REST	8 km walk	8 km walk	REST or Stretch
6	Cross-Train	8km Walk	REST	Cross-Train	REST	16 km walk	16 km walk
7	30 min walk	Cross-Train	50 min walk	REST	8 km walk	16 km walk	16 km walk
8	8 km walk	REST	REST or Stretch	8 km Walk	REST	20 km walk	8 km walk
9	30 min walk	Cross-Train	50 min walk	REST	8 km walk	24 km walk	16 km walk
10	8 km walk	REST	REST or Stretch	8 km walk	REST	26 km walk	30 km walk
11	30 min walk	Cross-Train	50 min walk	REST	8 km walk	16 km walk	10 km walk
12	20 min walk	REST or Stretch	3 km walk	DAY ZERO	DAY 1 KIDNEY MARCH	DAY 2 KIDNEY MARCH	DAY 3 KIDNEY MARCH

Cross-Training examples: swimming, cycling, spin, dancing, roller blading, running, yoga, weights.

**Don't forget to stretch after every workout!**



**KidneyMarch**