

HOUSEBUILDER CHALLENGE TRAINING

GUIDE

This plan will fully prepare you for the Housebuilder Challenge. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total weekly kilometres
1	2km Walk	Rest	2km Walk	Cross Train	1km Walk	4km Walk	Recovery Day	9km
2	4km Walk	Rest	4km Walk	Cross Train	2km Walk	5km Walk	Recovery Day	15km
3	4km Walk	Rest	4km Walk	Cross Train	2km Walk	8km Walk	Recovery Day	18km
4	4km Walk	Rest	4km Walk	Cross Train	2km Walk	11km Walk	Recovery Day	21km
5	5km Walk	Rest	5km Walk	Cross Train	1km Walk	13km Walk	Recovery Day	24km
6	5km Walk	Rest	5km Walk	Cross Train	2km Walk	15km Walk	Recovery Day	27km
7	6km Walk	Rest	5km Walk	Cross Train	2km Walk	18km Walk	Recovery Day	31km
8	4km Walk	Rest	4km Walk	Cross Train	2km Walk	18km Walk	Recovery Day	28km
9	2km Walk	Rest	2km Walk	Cross Train	1km Walk	10km Walk	Recovery Day	15km
10	2km Walk	Rest	2km Walk	Cross Train	Rest	Challenge!	Rest	38km

*A cross training session each week assists your body to adapt and strengthen. Try swimming, bodyweight exercises, resistance (weight) training and core training as well as yoga or pilates.