

12-WEEK TRAINING PLAN

UNICEF Dusk to Dawn – 42km



This plan gradually builds up your endurance and distance, providing rest and cross-training days for a balanced routine. Adapt the plan to fit your needs, and consult a professional if necessary.

✓ Tick off as you complete a session!

CROSS-TRAINING

Engage in low-impact activities like swimming, cycling, or yoga to complement your walking routine and strengthen different muscle groups.

REST DAY

Allocating time for rest is essential as it allows your body to recover and rejuvenate after training sessions. It's during rest periods that your muscles regenerate and strengthen!

SHOES AND SOCKS

Choose comfortable, high-quality exercise shoes that fit properly, and pair them with suitable sports-specific socks.

NUTRITION AND HYDRATION

Stay hydrated and maintain a balanced diet to fuel your training sessions. Experiment with energy gels or bars during longer walks to find the best options for you.

LISTEN TO YOUR BODY

Rest when you feel unwell and consult a professional if you experience persistent or worsening pain.

TRAIN WITH TEAMMATES

Schedule shared training sessions with your team to stay motivated and build camaraderie, especially for long walks!

If you're doing your longer walks alone, carry a charged phone and let someone know your planned route and expected finish time.

Remember, consistency is key, and rest days are essential for recovery.

Enjoy the journey, and best of luck in your UNICEF Dusk to Dawn walk!

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	1KM ☐	REST	2KM ☐	CROSS TRAIN ☐	3KM ☐	LONG WALK 4KM ☐	REST
Week 2	1KM ☐	REST	2KM ☐	CROSS TRAIN ☐	3KM ☐	LONG WALK 4KM ☐	REST
Week 3	1KM ☐	REST	2KM ☐	CROSS TRAIN ☐	3KM ☐	LONG WALK 6KM ☐	REST
Week 4	1KM ☐	REST	2KM ☐	CROSS TRAIN ☐	3KM ☐	LONG WALK 8KM ☐	REST
Week 5	3KM ☐	REST	5KM ☐	CROSS TRAIN ☐	7KM ☐	LONG WALK 10KM ☐	REST
Week 6	3KM ☐	REST	5KM ☐	CROSS TRAIN ☐	7KM ☐	LONG WALK 12KM ☐	REST
Week 7	3KM ☐	REST	5KM ☐	CROSS TRAIN ☐	7KM ☐	LONG WALK 15KM ☐	REST
Week 8	3KM ☐	REST	5KM ☐	CROSS TRAIN ☐	7KM ☐	LONG WALK 18KM ☐	REST
Week 9	5KM ☐	REST	7KM ☐	CROSS TRAIN ☐	5KM ☐	LONG WALK 20KM ☐	REST
Week 10	5KM ☐	REST	7KM ☐	CROSS TRAIN ☐	10KM ☐	LONG WALK 22KM ☐	REST
Week 11	5KM ☐	REST	7KM ☐	CROSS TRAIN ☐	5KM ☐	LONG WALK 15KM ☐	REST
Week 12	5KM ☐	REST	7KM ☐	CROSS TRAIN ☐	5KM ☐	EVENT DAY 42KM ☐	REST