



# Making moves

Making moves  
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## for mental health

**This is the Mind Walk**

**10km walk plan**  
**Beginner**



# You've got this

Preparing for a 10km walk can feel tough. To help you prepare and get the most of your challenge, we've put together a 10-week training plan.

This plan will help you to go from no training to being able to take on the 10km Mind Walk. This plan has walking sessions only. You'll gradually build up the time on your feet, ending with you walking for 80 minutes. Some weekends have back-to-back walks to get you used to walking regularly.

For questions about your training plan please email [info@fullpotential.co.uk](mailto:info@fullpotential.co.uk)

For questions about the Mind Walk or fundraising please email [themindwalk@mind.org.uk](mailto:themindwalk@mind.org.uk)

## Top tips

- **Be purposeful with your walks** – you want your heart rate to go up and maybe get a bit of a sweat on. You can help this by picking different routes, and if you can get off-road and on uneven ground that really helps too. Walking up hills is hard work.
- **Train at the right effort levels** – it's easy to think that training harder is better so we end up training too hard, which can result in feeling over tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the key. Check out our guide to efforts levels below.
- **Get to know your body** – trust your instincts when it comes to training. If you need a rest day, take a rest day. If you think you want to do more training, get in touch, and we'll look at your plan.
- **Have fun!** – physical activity has lots of benefits for our mental and physical health. Pop on your favourite playlist or use your walks to get out in nature. This time is all about you!

## Effort levels

Taking notice of how much effort you're putting in will help you to build your fitness. Here's our guide to the training sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.



### Easy effort walk

Perceived effort level: 40-50%

Talk test: You can speak in complete sentences, totally conversational. Keep to this effort the whole way during your walk.



### Steady effort walk

Perceived effort level: 50-65%

Talk test: You can speak in complete sentences, but at some moments the effort levels will rise and you will feel a slight pause in breath when speaking.

# Ready, set, go!

This plan is created to be flexible – we don't expect you to follow it exactly. You can swap your sessions around to different days of the weeks to suit your schedule. Just make sure that don't do more than two sessions back to back.

**Happy training!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	Rest day	20 mins easy effort walk + stretch	Rest day	Rest day	20 mins easy effort walk + stretch	30 mins steady effort walk + stretch
Week 2	Rest day	20 mins easy effort walk + stretch	Rest day	30 mins easy effort walk + stretch	Rest day	Rest day	60 mins steady effort walk + stretch
Week 3	Rest day	Rest day	25 mins easy effort walk + stretch	Rest day	Rest day	Rest day	60 mins steady effort walk + stretch
Week 4	Rest day	35 mins easy effort walk + stretch	Rest day	30 mins easy effort walk + stretch	Rest day	20 mins easy effort walk + stretch	60 mins steady effort walk + stretch
Week 5	Rest day	30 mins easy effort walk + stretch	Rest day	Rest day	40 mins easy effort walk + stretch	Rest day	Rest day
Week 6	Rest day	40 mins easy effort walk + stretch	Rest day	Rest day	Rest day	30 mins easy effort walk + stretch	80 mins steady effort walk + stretch
Week 7	Rest day	Rest day	60 mins easy effort walk + stretch	Rest day	40 mins easy effort walk + stretch	50 mins easy effort walk + stretch	Rest day
Week 8	Rest day	60 mins easy effort walk + stretch	Rest day	45 mins easy effort walk + stretch	Rest day	40 mins easy effort walk + stretch	80 mins steady effort walk + stretch
Week 9	Rest day	45 mins easy effort walk + stretch	Rest day	Rest day	60 mins easy effort walk + stretch	Rest day	60 mins steady effort walk + stretch
Week 10	Rest day	30 mins easy effort walk + stretch	Rest day	Rest day	Rest day	Rest day	<b>The Mind Walk</b>