

Moonlight Prowl - Training Schedule

Thank you for choosing to participate in Fraserburgh's Moonlight Prowl. Below is a guideline of training that will help you to finish your chosen distance. If you are taking part in the 6 mile just half the number of miles in each box. You can swap around the days you walk if they do not fit your schedule. Other forms of exercise will help you but walking will prepare your leg muscles and feet for the challenge ahead. Find a comfortable pair of socks and trainers and take your first steps!!!!

Good Luck!

Weeks Prior to Event	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
12th	1	****	1	****	1	****	2	5
11th	****	****	2	****	2	****	3	7
10th	****	****	3	****	3	****	4	10
9th	****	4	****	****	4	****	5	13
8th	****	****	4#	****	4#	****	5	13
7th	****	****	4#	****	4#	****	6	14
6th	****	5	****	5	****	****	7	17
5th	****	5	****	****	5#	****	8	18
4th	****	****	5#	****	5#	****	8	18
3rd	****	****	5#	****	5#	****	10	20
2nd	****	****	5	****	****	5	****	10
THE Week	****	4	****	4	****	The Big Night!!!!		

**** = Rest Day # = a faster pace