

The Oakhaven Walk

Training plan 2026

for 13 miles



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 March	Stretch	2 miles steady pace	Strength workout	2 miles steady pace	Book a sports massage	2 miles steady pace	2 miles steady pace
6 April	Stretch	3 miles steady pace	Strength workout	5 miles steady pace	Strength workout	3 miles steady pace	Stretch
13 April	4 miles pick up the pace	Strength workout	4 miles pick up the pace	Stretch	Another activity	4 miles steady pace	Stretch
20 April	5 miles pick up the pace	Stretch	6 miles pick up the pace	Stretch	5 miles pick up the pace	Stretch	Strength workout
27 April	Strength workout	8 miles steady pace	Stretch	Strength workout	Stretch	7 miles steady pace	5 miles steady pace
4 May	Strength workout	8 miles steady pace	Stretch	8 miles picked up pace	Book a sports massage	10 miles+ steady pace	Stretch
11 May	Stretch	Stretch	8 miles steady pace	Stretch	Stretch	Oakhaven Walk	

Strength workout

8 x Lunges	8 x Press ups
8 x Chair squats	30 seconds Plank
8 x Calf raises	30 seconds Wall sit
8 x Tricep dips	Visit thegymtin.com for more inspiration!

Stretch

Visit [The Gym Tin on YouTube](https://www.thegymtin.com) and you'll find:

- A **20-minute restorative stretch**
- A **20-minute back and hip release stretch** (for the evening)
- A **Power up your walking and running stretch**

