

# The Oakhaven Walk

## Training plan 2026

### for 26 miles



| Week     | Monday                   | Tuesday             | Wednesday                | Thursday               | Friday                   | Saturday              | Sunday              |
|----------|--------------------------|---------------------|--------------------------|------------------------|--------------------------|-----------------------|---------------------|
| 30 March | Stretch                  | 3 miles steady pace | Strength workout         | 3 miles steady pace    | Book a sports massage    | 3 miles steady pace   | 3 miles steady pace |
| 6 April  | Stretch                  | 5 miles steady pace | Strength workout         | 5 miles steady pace    | Strength workout         | 5 miles steady pace   | 5 miles steady pace |
| 13 April | 6 miles pick up the pace | Stretch             | 6 miles pick up the pace | Strength workout       | Another activity         | 8 miles steady pace   | Stretch             |
| 20 April | 6 miles pick up the pace | Stretch             | 6 miles pick up the pace | Strength workout       | 8 miles pick up the pace | Stretch               | Strength workout    |
| 27 April | Strength workout         | 8 miles steady pace | Stretch                  | Strength workout       | Stretch                  | 14 miles steady pace  | 7 miles steady pace |
| 4 May    | Strength workout         | 8 miles steady pace | Stretch                  | 8 miles picked up pace | Book a sports massage    | 20 miles+ steady page | Stretch             |
| 11 May   | Stretch                  | Stretch             | 8 miles steady pace      | Stretch                | Stretch                  | Oakhaven Walk         | And relax!          |



### 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 <a href="https://www.thegymtin.com">thegymtin.com</a> 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**

