

The Oakhaven Walk

Training plan 2026

for 8 miles



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 March	Stretch	1 mile steady pace	Strength workout	1 mile steady pace	Book a sports massage	1 mile steady pace	1 mile steady pace
6 April	Stretch	2 miles steady pace	Strength workout	3 miles steady pace	Strength workout	2 miles steady pace	2 miles steady pace
13 April	2 miles pick up the pace	Stretch	2 miles pick up the pace	Stretch	Strength workout	3 miles steady	Stretch
20 April	3 miles pick up the pace	Stretch	3 miles pick up the pace	Stretch	3 miles pick up the pace	Stretch	Strength workout
27 April	Strength workout	4 miles steady pace	Stretch	Strength workout	Stretch	4 miles steady pace	3 miles steady pace
4 May	Strength workout	5 miles steady pace	Stretch	5 miles picked up pace	Book a sports massage	6 miles+ steady pace	Stretch
11 May	Stretch	Stretch	3 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!

Restorative 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**

