

VODAFONE FOUNDATION STEP FOR SCHOOLS 2025

12 WK TRAINING PLAN
10KM WALK



Vodafone
Foundation



Your plan

This plan has been developed for you to fit around your busy schedules. It is designed to ensure you are in the right physical state to take on this challenge. The fitter you are and the closer you stick to the plan, the more you will enjoy it!

The plan shows sessions against set days, but feel free to move around to suit your schedule. Taking a few moments to plan ahead will make the whole process much easier and give you the best chances of success in both your training and the event.

Top tips

DO:

- Stop immediately if you feel uncomfortable or suspect an injury
- Insert key personal appointments that may prevent you from training on a particular day (weddings, birthdays etc.)
- Save and keep this plan somewhere you will be able to easily access it
- Record the distance you walk against each session, and your average pace, this will enable you to monitor your progress, offering a fantastic motivational boost as you tick off each week
- Record any key notes from your walks, like if a walk felt really good, or really bad. Then consider why this might have happened and learn from it

DON'T

- If for some reason you miss a session, don't try and make it up later in the week, simply move onto the next session
- Be tempted to do more than the plan says, especially if you are new to these types of challenges

Key notes

- **Hills:** The hill you use for the 'hills' session will depend on what you have near to where you live, the steeper the better, but any hill will work. if you have the option, increase the steepness of the hill as the plan progresses
- **Walk:** Always walk 'with intent', you will be amazed at how much quicker you can train your body to walk if you stick to the plan
- **Cross training:** This is beneficial, and what you choose to do will depend on your competence in other sports, maybe you already go to the gym, or run, cycle or swim? If that is the case, stick to those activities. You can also mix it up from week to week
- **Other sports count too:** If you are struggling for something to do, simply add in an extra short walk if you have the time
- **Kit:** Make sure you have the appropriate trainers/boots to walk with. Wearing the wrong trainers can cause serious injury and may prevent you completing the plan. If you need to get some trainers/boots, go to a reputable hiking shop and try lots of shoes to find the right ones for you
- **Nutrition:** Make sure you eat well before, during and after any exercise. Experiment with food that works for you during your longer walks, you don't need to buy 'sports nutrition' unless you want to, simply take you like to eat, and aim to eat little and often when walking (every 45-60 minutes is ideal)

Strength sessions

These sessions don't require any equipment and can be done at home, they don't take long. Click the link for instruction on how to do the exercise.

Mobility and control

Warm-up:

- [High knees slow](#) – 2 x 30 seconds
- [Shoulder taps](#) – 2 x 20 (10 per side)

Main set:

- [Bird dog](#) – 3 x 12 per side
- [Side lunge](#) – 4 x 12 per side
- [Fire hydrants](#) – 4 x 12 per side
- [Cobra hold](#) – 4 x 20 second hold

Cool-down:

- [Pigeon stretch](#) – 30 second hold per side
- [Scorpion stretch](#) – 10 slow reps (5 per side)

Core stability

Warm-up:

- [Shoulder taps](#) – 2 x 20 (10 per side)
- [Reverse lunge with knee drive](#) – 2 x 10 per side

Main set:

- [Bird dog](#) – 3 x 10 per side
- [Side plank with hip drops](#) – 3 x 10 per side
- [Dead bug](#) – 3 x 12
- [Cobra hold](#) – 3 x 15 second hold

Cool-down:

- [Pigeon stretch](#) – 30 second hold per side
- [Scorpion stretch](#) – 10 slow reps (5 per side)

Phase 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c 16 th June		Walk 1 mile	Strength - core stability	Walk 1 mile		Walk 2 miles	
w/c 23 rd June		Walk 2 miles	Strength- core stability	Walk 1 mile		Walk 3 miles	
w/c 30 th June	Strength – mobility & control	Walk 2 miles	Strength – core stability	Walk – hills 2 miles 0.5 MILE: WALK WARM UP 1 MILE: 30 SEC POWER WALK UP HILL, WALK BACK DOWN, REPEAT FOR DISTANCE 0.5 MILE: WALK COOL DOWN		Walk 4 miles	
w/c 7 th July	Strength – mobility & control	Walk 2.5 miles	Strength – core stability	Walk – hills 2 miles 0.5 MILE: WALK WARM UP 1 MILE: 30 SEC POWER WALK UP HILL, WALK BACK DOWN, REPEAT FOR DISTANCE 0.5 MILE: WALK COOL DOWN		Walk 4 miles	

Phase 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c 14 th July		Walk 2 miles		Walk 2 miles		Walk 2 miles	
w/c 21 st July	Strength – mobility & control	Walk 3 miles	Cross training – 30 mins (gym, swim, run or cycle) Strength – core stability	Walk – hills 2 miles 0.5 MILE: WALK WARM UP 1 MILE: 30 SEC POWER WALK UP HILL, WALK BACK DOWN, REPEAT FOR DISTANCE 0.5 MILE: WALK COOL DOWN		Walk 4 miles	
w/c 28 th July	Strength – mobility & control	Walk 3 miles	Cross training – 30 mins (gym, swim, run or cycle) Strength – core stability	Walk – hills 2 miles 0.5 MILE: WALK WARM UP 1 MILE: 30 SEC POWER WALK UP HILL, WALK BACK DOWN, REPEAT FOR DISTANCE 0.5 MILE: WALK COOL DOWN		Walk 4.5 miles	
w/c 4 th August	Strength – mobility & control	Walk 3 miles	Cross training – 30 mins (gym, swim, run or cycle) Strength – core stability	Walk – hills 2 miles 0.5 MILE: WALK WARM UP 1 MILE: 30 SEC POWER WALK UP HILL, WALK BACK DOWN, REPEAT FOR DISTANCE 0.5 MILE: WALK COOL DOWN		Walk 5 miles	

Phase 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c 11 th August	Strength – mobility & control	Walk 3 miles	Cross training – 45 mins (gym, swim, run or cycle) Strength – core stability	Walk – hills 2 miles 0.5 MILE: WALK WARM UP 1 MILE: 30 SEC POWER WALK UP HILL, WALK BACK DOWN, REPEAT FOR DISTANCE 0.5 MILE: WALK COOL DOWN		Walk 5.5 miles	
w/c 18 th August	Strength – mobility & control	Walk 3 miles	Cross training – 45 mins (gym, swim, run or cycle) Strength – core stability	Walk – hills 2 miles 0.5 MILE: WALK WARM UP 1 MILE: 30 SEC POWER WALK UP HILL, WALK BACK DOWN, REPEAT FOR DISTANCE 0.5 MILE: WALK COOL DOWN		Walk 6 miles	
w/c 25 th August		Walk 2 miles		Walk 2 miles		Walk 2 miles	
w/c 1 st September		Walk 2 miles			Race day! 6 miles		