

The  
**BANHAM**  
Marsden  
March  
2024



*The Banham  
Marsden March 2024  
Training guide*





## Training plans

Below are your beginner and intermediate training plans to help prepare you for the 15-mile route of The Banham Marsden March. You can adapt these guides to your current fitness level. Remember, do what's comfortable for you, at a pace that suits you.

**Slow pace:** one that you're comfortable with for a longer period.

**Moderate pace:** this is a little quicker, but you should still be able to maintain a conversation.

**Fast pace:** this is quicker still and would be difficult to maintain for extended periods.

You can choose days to suit you, although we recommend you take your recovery days following tough sessions, particularly the longer walks. Try to pick new and interesting routes with varying terrain to help keep you motivated.

The Royal Marsden Cancer Charity cannot take any responsibility for injuries, illnesses or accidents that may occur when following this guide. If you feel unsure or unwell, please stop and seek professional help immediately.



# Beginner guide

## 15-mile walkers

Follow this guide if walking non-stop at a moderate pace for an hour is too challenging at the moment:



**Tuesday**  
30 mins slow  
**Thursday**  
30 mins moderate pace  
**Sunday**  
3-4 miles slow



**Tuesday**  
10 mins fast pace,  
5 mins slow, repeat x 5  
(1 hour 15 mins total)  
**Thursday**  
1 hour 15 mins  
moderate pace  
**Sunday**  
6-8 miles slow



**Tuesday**  
15 mins moderate pace,  
5 mins slow  
repeat x 3 (1 hour total)  
**Thursday**  
45 mins moderate pace  
**Sunday**  
4-5 miles slow



**Tuesday**  
15 mins fast pace,  
5 mins slow, repeat x 4  
(1 hour 20 mins total)  
**Thursday**  
1 hour 30 mins  
moderate pace  
**Sunday**  
8-10 miles slow



**Tuesday**  
20 mins moderate pace,  
5 mins slow, repeat x 3  
(1 hour 15 mins total)  
**Thursday**  
1 hour moderate pace  
**Sunday**  
5-6 miles slow



**Tuesday**  
30 mins moderate pace  
**Thursday**  
45 mins slow



**Sunday 12 May 2024**  
The Banham Marsden March

# Intermediate guide

## 15-mile walkers

Follow this guide if walking non-stop at a moderate pace for an hour is currently achievable:



### **Tuesday**

45 mins slow

### **Thursday**

45 mins moderate pace

### **Sunday**

4 miles slow



### **Tuesday**

10 mins fast pace,  
5 mins moderate,  
repeat x 5  
(1 hour 15 mins total)

### **Thursday**

1 hour 30 mins  
moderate pace

### **Sunday**

8 miles slow



### **Tuesday**

15 mins moderate pace,  
5 mins fast  
repeat x 3 (1 hour total)

### **Thursday**

1 hour moderate pace

### **Sunday**

5 miles slow



### **Tuesday**

15 mins fast pace,  
5 mins moderate,  
repeat x 4  
(1 hour 20 mins total)

### **Thursday**

1 hour 45 mins  
moderate pace

### **Sunday**

10 miles slow



### **Tuesday**

20 mins moderate pace,  
5 mins fast, repeat x 3  
(1 hour 15 mins total)

### **Thursday**

1 hour 15 mins  
moderate pace

### **Sunday**

6 miles slow



### **Tuesday**

30 mins moderate pace

### **Thursday**

45 mins slow



**Sunday 12 May 2024**  
**The Banham Marsden March**