



100 Day LEAP Challenge

Stage 3 - Your LEAP Challenge Plan - Level 1

Introduction

- You know where you're heading [Stage 1], where you're starting from [Stage 2], so it's time to plan how you're going to get there [Stage 3].

Fail To Plan; Plan To Fail

- As the popular saying goes, "fail to plan; plan to fail." Preparation really is half the battle and every challenge or project requires a good plan. It's your road map to get from where you are, to where you want to be, at the end of the challenge.
- The good news is that we've done most of the heavy lifting for your plan in this 100 Day LEAP Challenge.
- If you've a clear picture of the result you want to achieve, so long as it's realistic, with this plan it's relatively easy to "join the dots" between where you are and where you wish to be.
- In Stage 2, you considered the 5 options or levels available and you chose Challenge Level 3.
- To help you succeed, we've created weekly walking objectives for you. These are your weekly milestones for your 100 Day LEAP Challenge journey.

Your Weekly Walking Plan - Level 1

- Your Weekly Walking Plan opposite sets out your walking goals [in blue] for each week of the challenge as follows:
 - **Time Goal** in minutes, starting at 60 minutes [1 hour] in week 1 increasing gradually each week to 300 minutes [5 hours] in the final week of your challenge.
 - **Pace Goal** in minutes and seconds, starting at 15:00 minutes in week 1, reducing gradually and progressively to 14:00 minutes in the final week.
 - **Distance Goal** in kilometres, starting at 4Km in week 1, increasing gradually and progressively each week to 21.4Km in the final week of the challenge.

Weekly Walking Plan Level 1

Week	Time Goal [Mins]	Pace Goal [Mins/Secs]	Distance Goal [Km]	Actual Time [Mins]	Actual Pace [Mins/Secs]	Actual Distance [Km]
1	60	15:00	4.0			
2	70	14:50	4.7			
3	80	14:40	5.5			
4	90	14:30	6.2			
5	115	14:30	7.9			
6	130	14:25	9.0			
7	145	14:25	10.1			
8	160	14:20	11.2			
9	180	14:20	12.6			
10	200	14:15	14.0			
11	220	14:15	15.4			
12	240	14:10	16.9			
13	260	14:10	18.4			
14	280	14:05	19.9			
15	300	14:00	21.4			

NB: Your actual weekly walking activity [in orange] is recorded at the end of each week from Your Daily Walking Tracker. As this relates to your actual ongoing activity, it's dealt with in **Stage 4 - Implementation**.

Your Secondary Objective

You should have a good idea at this stage what complementary secondary objective, such as nutrition, weight loss or sleep. Others for consideration include hydration, strength exercise and moving during the day.

Because secondary objectives are personal, we'll discuss them during our weekly Zoom calls and we'll also give general guidance in our weekly videos.

If you need personal support with your secondary objective, you should consider purchasing some personal coaching time.

Contact fyc@patfalvey.com for details.