



2026 Training Plan

Miner's Way Challenge



Get running fit with our twelve week training plan

Welcome to the *Miner's Way Challenge* Training Plan!

Thank you so much for stepping up to take on the **Miner's Way Challenge**! We're so excited you've joined us, and we're here to cheer you on every stride of the way.

To help you get ready for the big day, we've put together 12 week training plan designed to build your fitness, stamina, and confidence step by step. By the end, you'll feel strong, prepared, and ready to enjoy every mile!

About the Training Plans

- **Starting point:** You should already be able to run around 3km (2 miles) comfortably. From there, we'll gradually increase the distances week by week.
- **Balanced approach:** Your plan blends shorter weekday runs with longer weekend training. The weekday sessions help you build pace and try out different kit, while weekends are for distance and endurance.
- **Rest and recovery:** Recovery is as important as training! Rest days and stretching sessions are included to keep you flexible and injury-free.

Making it work for you

Life is busy, and everyone's routine is different. These plans are guides, not rules. If you work weekends, do shift work, or care for others, feel free to swap days around. The important thing is consistency, not perfection.

- **Short runs:** Could you walk to work, or squeeze in a 3-mile lunchtime loop?
- **Long runs:** Use weekends (or your days off) for those longer sessions.

Your fitness level: If you're already active, perhaps a regular runner, cyclist or rambler, you may progress more quickly. But remember: long runs are unique. Even fit runners find distance running affects them in different ways.

Kit and Preparation

Training isn't only about building distance, it's also about being prepared. These weeks are the perfect time to test your kit and discover what really works for you. From footwear to waterproofs, every item makes a difference to your comfort on the day. Take a look at our **Kit List** for detailed guidance so you can train, and complete the challenge, with confidence.



*Are you ready to
go the extra mile
for Pilgrims?*

(Weeks 1 to 6)

This plan lays out a structured approach to build your endurance, strength, and confidence over the weeks leading up to the event. It includes a mix of running sessions, cross-training, and rest days, allowing you to gradually increase your stamina while reducing the risk of injury.

Remember, this plan is a framework, not a rulebook. Everyone's fitness levels and schedules are different, so feel free to adapt it to suit your needs. Listen to your body, pace yourself, and don't be afraid to swap days around if necessary. The key is consistency, not perfection, small, steady progress is what will carry you to the finish line.



Did you know?

That the Multi-Terrain Half Marathon route from Aylesham to Betteshanger follows a section of the Miner's Way Trail?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 05/01/26	Rest	3 km / 1.9 mi easy run + stretching	Other activity	3 km / 1.9 mi easy run	Stretch	5 km / 3.1 mi long run	Rest
Week 2 12/01/26	Rest	3.5 km / 2.2 mi run + stretching	Other activity	3.5 km / 2.2 mi run	Stretch	6 km / 3.7 mi long run	Rest
Week 3 19/01/26	Rest	4 km / 2.5 mi run + stretching	Other activity	4 km / 2.5 mi run	Stretch	7 km / 4.3 mi long run	Rest
Week 4 26/01/26	Rest	5 km / 3.1 mi run + stretching	Other activity	4.5 km / 2.8 mi run	Stretch	8 km / 5 mi long run	Rest
Week 5 02/02/26	Rest	5 km / 3.1 mi run + stretching	Other activity	5 km / 3.1 mi run	Stretch	9 km / 5.6 mi long run	Rest
Week 6 09/02/26	Rest	5 km / 3.1 mi run + hills	Other activity	5.5 km / 3.4 mi run	Stretch	10 km / 6.2 mi long run	Rest

(Weeks 7 -12)

This training plan is designed to prepare you for every step of the Miner's Way Run, whether you're navigating flat paths or tackling uneven, multi-terrain trails. By gradually building strength, endurance, and stability, you'll feel confident running on grass, gravel, and trail surfaces as well as on the smoother stretches.

Each session is designed to challenge your body in different ways, helping you adapt to changing terrain so that when race day comes, you can focus on enjoying the run rather than worrying about your footing. With consistency and dedication, you'll be ready to take on the variety of surfaces the Miner's Way has to offer.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7 16/02/26	Rest	6 km / 3.7 mi run + stretching	Other activity	6 km / 3.7 mi run	Stretch	11 km / 6.8 mi long run	Rest
Week 8 23/02/26	Rest	6 km / 3.7 mi run + hills/trails	Other activity	6.5 km / 4 mi run	Stretch	12 km / 7.5 mi long run	Rest
Week 9 02/03/26	Rest	6.5 km / 4 mi run + stretching	Other activity	7 km / 4.3 mi run	Stretch	13 km / 8.1 mi long run	Rest
Week 10 09/03/26	Rest	7 km / 4.3 mi run + hills	Other activity	7 km / 4.3 mi run	Stretch	14 km / 8.7 mi long run	Rest
Week 11 16/03/26	Rest	7.5 km / 4.7 mi run + stretching	Other activity	8 km / 5 mi run	Stretch	15 km / 9.3 mi long run	Rest
Week 12 23/03/26	Rest	4 km / 2.5 mi easy run + stretching	Other activity	Rest	Rest	Event Day!	Relax

*Did you
know?*

Betteshanger Country Park
is home to east Kents
Historic Mining Museum,
here you can learn how the
mining heritage of east Kent
began!