

This programme is designed by Oran Heron from Urban Running and Oran Heron Fitness. Oran is a Health and Fitness coach and experienced runner who runs regular sub-3 hour marathons.

The average Irish person walks just 5400 steps a day which is almost 4600 short of where it should be.

To avoid injury and/or burnout, find out what your daily step count is by using a fitness app that counts your steps before taking on the **10,000 a day for 20 days challenge**.

If your step count is below 8,000 a day and you don't currently do regular cardio work in a gym, on a bike or swim (where steps aren't counted) we advise that you gradually increase your daily step count. Use a general rule of increasing your daily step count by 1,000 a day for a week until you reach at least 8,000 steps a day.

It is also advisable to wear appropriate running shoes, even when walking, to help avoid injuries and/or muscle fatigue.

Please note; if you are not currently exercising or if you have any medical conditions you should consult a medical professional before starting this or any fitness program.

10,000 steps a day for 20 days challenge.

Beginner Program (walking)

Designed for those who currently have a step count of at least 8,000.

Goal of this programme is to walk an average of 10,000 steps a day over 20 days culminating in a walk that is 10,000 steps in one go (8km)

Day 1 - 9,000 steps - 4km walk
Day 2 - 10,000 steps - 4.5km walk
Day 3 - 8,000 steps - 3.5km walk
Day 4 - 10,000 steps - 4.5km walk
Day 5 - 10,000 steps - 4.5km walk
Day 6 - 8,000 steps - 3.5km walk
Day 7 - 10,000 steps - 6km walk
Day 8 - 11,000 steps - 5km walk
Day 9 - 10,000 steps - 4.5km walk
Day 10 - 10,000 steps - 4.5km walk
Day 12 - 11,000 steps - 5km walk
Day 13 - 10,000 steps - 4.5km walk
Day 14 - 10,500 steps - 7km walk
Day 15 - 11,000 steps - 5km walk
Day 16 - 10,000 steps - 4.5km walk
Day 17 - 10,500 steps - 4.75km walk
Day 18 - 11,000 steps - 5km walk
Day 19 - 8,000 steps - 3.5km walk
Day 20 - 12,000 steps - 8km walk

Total: 200,000 steps

Intermediate (joggers)

Designed for those who can run 5km non stop.

Goal is to run a 10,000 step run (8km run) on day 20.

- Day 1 - 1.5km walk, 5km run, 1.5km walk
- Day 2 - 8km walk
- Day 3 - 1.5km walk, 5km run, 1.5km walk
- Day 4 - 8km walk
- Day 5 - 1.5km walk, 5km run, 1.5km walk
- Day 6 - 4.5m walk
- Day 7 - 1km walk, 6km run, 1km walk
- Day 8 - 8km walk
- Day 9 - 1.5km walk, 5km run, 1.5km walk
- Day 10 - 8km walk
- Day 11 - 1.5km walk, 5km run, 1.5km walk
- Day 12 - 8km walk
- Day 13 - 4.5km walk
- Day 14 - 1km walk, 7km, 1km walk
- Day 16 - 8km walk
- Day 17 - [1.km](#) walk, 5km run, 1.5km walk
- Day 18 - 8km walk
- Day 19 - 4.5km walk
- Day 20 - 8km run (10,000 step run)**

Advanced (runners)

Designed for those who can run 10km. Goal is to run a 20,000 step run (16km) in 20 days

- Day 1 - 8km run
- Day 2 - 4.5 Walk
- Day 3 - 8km walk
- Day 4 - 4.5km Walk
- Day 5 - 4km run
- Day 6 - 4.5km Walk
- Day 7 - 12km run
- Day 8 - 4.5km Walk
- Day 9 - 8km run
- Day 10 - 4.5Km Walk
- Day 11 - 8km run
- Day 12 - 4.5km Walk
- Day 13 - 14km run
- Day 14 - 4.5km Walk
- Day 15 - 4km run
- Day 16- 8km run
- Day 17 - 4.5km Walk
- Day 18 - 4km run
- Day 19 - 4.5km Walk
- Day 20 - 16km run (20,000 steps)**