# Trek Training Plan

Training for your trek will ensure you are physically prepared to complete the challenge safely and enjoy it - we want you to have the time of your life! Even if you’re a regular walker and have a good level of fitness, you should still do extra training.

Take some time to plan your training; everyone has a different level of fitness and experience. Our training plan should be used as a starting point.

## Top training tips

* Stretching before and after your training will help make your muscles more flexible and prevent injuries.
* Mix up your routine with some cross-training. Any exercise that gets your heart rate up will improve your overall fitness and keep things interesting, whether it’s a gym workout/class, swimming or playing sport.
* Build extra training into your daily routine – it all helps! Take the stairs, incorporate walking into your commute by getting off a stop early or parking further away, and make the most of your lunch hour by going for a walk.
* Invest in some good walking boots and socks to keep your feet comfy as you clock up those miles and wear them in on your training walks.
* Wear your rucksack for those longer training walks so you get used to carrying the extra weight.
* Drinking plenty of water throughout your training walks and during the challenge is vital to keep you hydrated. Carry plenty with you and sip it regularly – don’t wait until you’re thirsty. Try using a water bladder like Camelbak or Platypus so you can drink easily while you walk.
* If you’re training for over two hours take some snacks to keep you energised. Bananas, cereal bars, dried fruit and nuts are all great to eat on the go.
* Enjoy it! Make the most of the opportunity to get out there and explore your local area/countryside.

## Training Schedule

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Week 1** | 30 minute walk | REST | REST | 30 minute walk | REST | 2 hour walk | REST |
| **Week 2** | 30 minute walk | REST | REST | 30 minute walk | REST | 2.5 hour walk | REST |
| **Week 3** | 45 minute walk | REST | REST | 1 hour walk | REST | 3 hour walk | REST |
| **Week 4** | 45 minute walk | REST | REST | 1 hour walk | REST | 3.5 hour walk on steep terrain | REST |
| **Week 5** | 1 hour walk | REST | REST | 1 hour walk | REST | 4 hour walk | REST |
| **Week 6** | 1 hour walk | REST | REST | 1 hour walk on steep terrain | REST | 4.5 hour walk on steep terrain | REST |
| **Week 7** | 1 hour walk | 45 minutes cross-training | REST | 1 hour walk on steep terrain | REST | 5 hour walk | REST |
| **Week 8** | 1 hour walk | 45 minutes cross-training | REST | 1 hour walk on steep terrain | REST | 5.5 hour walk on steep terrain | REST |
| **Week 9** | 1 hour walk | 45 minutes cross-training | REST | 1 hour walk on steep terrain | REST | 6 hour walk | REST |
| **Week 10** | 1 hour walk | 45 minutes cross-training | REST | 1 hour walk on steep terrain | REST | Complete your trek! |  |