

preparing for your challenge:

# training for your trekking challenge

SUGGESTED TRAINING PROGRAMME				
When	Frequency	Training	Tick	Aim
<b>6 months Before</b>	<b>Every Week</b>	<b>1 x 30 minute walk, 2 x 30 minute aerobic training sessions. PLUS:</b>		
Complete a two hour walk	Week One	1 x 45 minute walk		Start making exercise part of your life. Try a range of activities to increase your overall fitness, such as spinning, swimming or cycling
	Week Two	1 x 1 hour walk		
	Week Three	1 x 1 and a half hour walk		
	Week Four	1 x 2 hour walk		
<b>5 Months Before</b>	<b>Every Week</b>	<b>1 x 1 hour walk, 2 x 30 minute aerobic training sessions, 1 x 30 minute strength training session. PLUS:</b>		
Complete a three hour walk with HILLS!	Week One	1 x 1 and a half hour walk		Build up your fitness level and start incorporating hills into your program as well as strength training
	Week Two	1 x 2 hour walk		
	Week Three	1 x 2 and a half hour walk with HILLS		
	Week Four	1 x 3 hour walk with HILLS		
<b>4 Months Before</b>	<b>Every Week</b>	<b>1 x 2 hour walk, 2 x aerobic training sessions, 1 x 30 minute strength training session. PLUS:</b>		
You should be walking at least once a week, minimum 4 hours.	Week One	1 x 2 and a half hour walk		Increase your endurance, spending more time on difficult/steep terrain
	Week Two	1 x 3 hour walk		
	Week Three	1 x 3 and a half hour walk with HILLS		
	Week Four	1 x 4 hour walk with HILLS		
<b>3 Months Before</b>	<b>Every Week</b>	<b>1 x 3 hour walk, 2 x 30 minutes aerobic training sessions. PLUS:</b>		
Complete two five hour walks back to back!	Week One	1 x 3 and a half hour walk		Practise two days back to back to start building endurance
	Week Two	1 x 4 hour walk with HILLS		
	Week Three	1 x 5 hour walk		
	Week Four	2 x 5 hour walks		
<b>2 Months Before</b>	<b>Every Week</b>	<b>1 x 4 hour walk, 2 x strength training session. PLUS:</b>		
Complete a seven hour walk	Week One	1 x 5 hour walk		When on the event, you will be walking for approximately 8 hours a day, so you must get some long walks in
	Week Two	1 x 6 hour walk		
	Week Three	1 x 7 hour walk		
	Week Four	2 x 6 hour walks		
<b>1 Month Before</b>	<b>Every Week</b>	<b>1 x 30 minute aerobic session, 1 x 30 minute strength training session. PLUS:</b>		
Complete an 8 hour HILLY walk	Week One	2 x 6 hour walk back to back		For the first two weeks, keep up the endurance training. Then in the final two weeks, taper your training to give your legs a rest
	Week Two	1 x 8 hour walk with HILLS		
	Week Three	2 x 2 hour walks		
	Week Four	2 x 1 hour walks		

stick this on your fridge!

your dream challenge