

Long-distance walking: 16-week suggested training programme:

Week 1 - 6: 2 x 30mins walks. 1 x 2 hour walk.
Full stretch after each walk.

Week 7 & 8:

Sat or Sun: 4 hour walk and stretch

Mon: Rest Day

Tues: 1 hour walk, stretch, exercise circuit x 3, stretch.

Weds: Rest Day

Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch.

Fri: Rest Day

Week 9:

Sat and

Sun: 4 hour walk and stretch. (Walk both days if possible).

Mon: Rest Day

Tues: 1 hour walk, stretch, exercise circuit x 3, stretch.

Weds: Rest Day

Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch.

Fri: Rest Day

Week 10 & 11:

Sat or Sun: 6 hour walk and stretch

Mon: Rest Day

Tues: 1 hour walk, stretch, exercise circuit x 4, stretch.

Weds: Rest Day

Thurs: 1 hour walk, stretch, exercise circuit x 4, stretch.

Fri: Rest Day

Week 12:

Sat and

Sun: 6 hour walk and stretch. (Walk both days if possible).

Mon: Rest Day

Tues: 1 hour walk, stretch, exercise circuit x 4, stretch.

Weds: Rest Day

Thurs: 1 hour walk, stretch, exercise circuit x 4, stretch.

Fri: Rest Day

Week 13 & 14:

Sat or Sun: 8 hour walk and stretch

Mon: Rest Day

Tues: 1 hour walk, stretch, exercise circuit x 5, stretch

Weds: Rest Day

Thurs: 1 hour walk, stretch, exercise circuit x 5, stretch.

Fri: Rest Day

Week 15:

Sat and

Sun: 8 hour walk and stretch. (Walk both days if possible).

Mon: Rest Day

Tues: 1 hour walk, stretch, exercise circuit x 5, stretch.

Weds: Rest Day

Thurs: 1 hour walk, stretch, exercise circuit x 5, stretch.

Fri: Rest Day

Week 16:

Sat or Sun: 4 hour walk and stretch

Mon: Rest Day

Tues: 1 hour walk, stretch, exercise circuit x 3, stretch

Weds: Rest Day

Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch

Fri: Rest Day

Programme Notes

The 16 week programme is a rough training guide. Obviously with work, family and fundraising commitments you may not always be able to achieve what we have set out for you. However in order to get close to achieving the training it is very important to organise your time properly. There are plenty of ways to ensure that you maximise your training, even if you feel you have no time outside work.

- You must organise your week to **make** time to get out to do some training.
- Get up an hour earlier and go out for a quick walk with some stretching in the morning before work whilst it is still light.
- If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you walk some distance each day. If you drive, park further away than usual, or walk a longer route to work.
- Use your lunchtimes to take regular brisk walks around your work area, not just a stroll around the shops.
- Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times, at least three times per week.
- Swimming, squash, badminton, cycling and any other sport will also help get you prepared.
- Joining a leisure centre is a good idea as the local fitness instructors may well be able to design a programme specifically for you. Most good gyms have a walking machine, or even better a stair climber, where you can clock up mileage more safely and comfortably, but do try to walk as much as possible in 'real' conditions and wearing your rucksack and boots.
- It is important at weekends to get into some hilly country to experience walking on different surfaces and to experience the hills and of course the weather. You should of course wear the boots and rucksack you will take on the trek.
- You should make the time to walk some consecutive long days: an isolated Sunday walk does not have the same effect as two consecutive days. Nothing will prepare you for the trek better than actually walking. Even if you're only doing an hour around the park or streets **put your rucksack and boots on**, you may look silly but it's worth it.

You may not stick to the training guide exactly but you need to keep it in mind and to do regular exercise every week according to the guide. You will enjoy this challenge far more if you are physically fit.

Training Tips

After the first six weeks you need to gain endurance by walking long slow distances. Pick one day per week as your long walk to gain endurance. Choose two evenings or mornings as your shorter walks with the Circuit Exercises to help build specific muscles groups. Remember to stretch after ever walk, it is also essential to stretch after about ten minutes of walking once you've warmed up a bit. Make sure you plan adequate rest/recovery days as part of the training.

Of course nothing is better than walking. However if you play squash, tennis, badminton or go to the gym, cycle or swim for an hour or two, then this will also help with your general fitness. Adding this to your programme instead of one of the short days or on one of the rest days would be fine. Make sure you stretch properly after each session.