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25km Trek Training Plan-Beginner

Together we are
beating cancer

25km Trek - Before training



Getting started

Performance training and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept simple. The key is the training triangle you see overleaf. Most of us think about the training sessions we need to do to become stronger, fitter or faster. You won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to your body and respect its need to rest to improve.

Things to consider

Always substitute cross-training for walking if you are injured, very sore or it's not safe to walk.

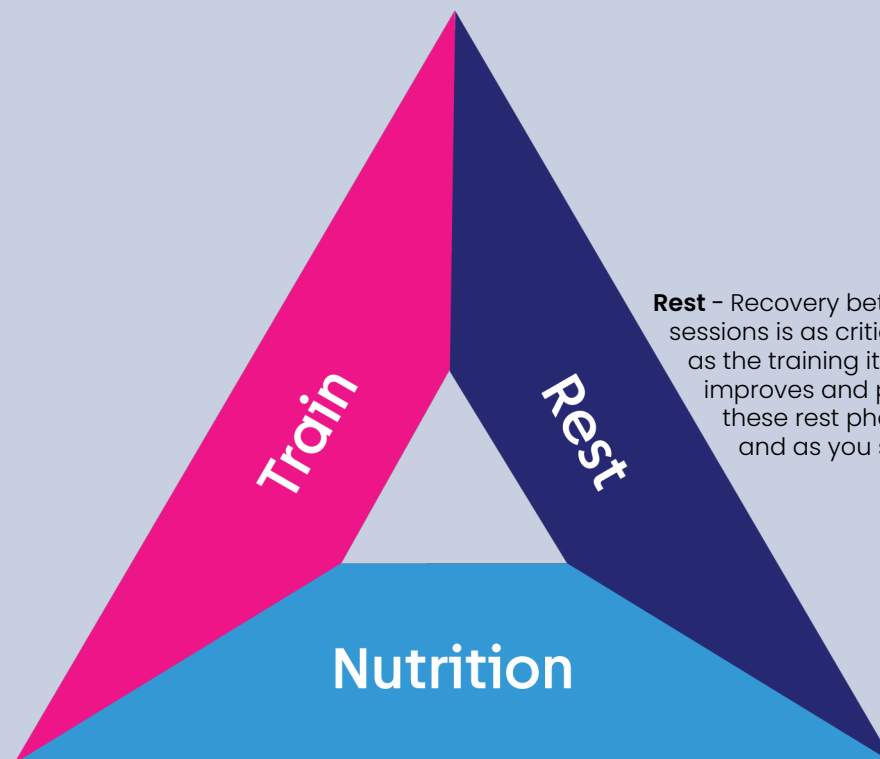
Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.

Try to stretch every day for at least 10 minutes.

Always eat within 20-30 minutes of finishing a walk.

Always train at the specified efforts; don't compromise or walk too hard. Tiredness always catches up, so take extra rest if required.

Training Triangle



Rest - Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Nutrition - You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep your immune system, blood and bones strong.

25km Trek - Training plan



Week	MON	TUES	WED	THURS	FRI	SAT	SUN
01	Core and optional easy walk 30 minutes	30-minute walk to include 3 x 5 minutes brisk effort, 2-minute easy effort recovery	Rest	Fartlek – 10 mins steady walking + 10 x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training (swim, run, bike, cross trainer, rowing) – easy 30 minutes	Easy walk 60 minutes off road if possible
02	Core and optional easy walk 30 minutes	30-minute walk to include 5 x 4 minutes brisk effort, 90s easy recovery	Rest	Fartlek – 10 mins steady walking + 12 x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training – easy 30 minutes	Easy 70–80 minutes off road if possible
03	Core and optional easy walk 30–40 minutes	40-minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	Fartlek – 10 mins steady walking + 8 x 2-minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training – easy 30–40 minutes	Easy 1 hour 20–30 minutes off road if possible

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
04	Core and optional easy walk 30-40 minutes	40-minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	Fartlek -10 mins steady walking + 10 x 2-minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training – easy 30-40 minutes	Easy 1 hour 30-40 minutes off road if possible
05	Core and optional easy walk 30-40 minutes	20-minute walk to include 3 x 4 minutes brisk effort over a hilly route, 2-minute easy effort recovery	Rest	Fartlek - 50-minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	Optional cross training – easy 30-40 minutes	Easy 1 hour 15 minutes off road if possible
06	Core and optional easy walk 30-40 minutes	45-minute walk to include 6 x 5 minutes brisk effort, 90s easy recovery	Rest	Fartlek -10 mins steady walking + 8 x 2-3 minute brisk up and down hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training – easy 30-40 minutes	Easy 1 hour 40 - 50 minutes off road
07	Core and optional easy walk 30-40 minutes	45-minute walk to include 3 x 10 minutes brisk effort, 120s easy recovery	Rest	Fartlek -10 mins steady walking + 3 x 10 minute brisk up and down hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training – easy 30-40 minutes	Easy 2 hours and off road

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
08	Core and optional easy walk 30-40 minutes	50-60-minute walk to include 3 x 10 minutes brisk effort, 90s easy recovery	Rest	Optional cross training – easy 45-60 minutes	Rest	30-45 minute 'fartlek' walk using landmarks	2 hour 15 minutes off road
09	Core and optional easy walk 30-40 minutes	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker	Rest	Optional cross training – easy 45-60 minutes	Rest	30-45 minute 'fartlek' walk using landmarks	2.5 hour walk with the final 60-90 minutes to include brisk up hill efforts
10	Core and optional easy walk 30-40 minutes	40-minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	40-minute easy cross training	Rest	30-40-minute easy walk	3 hours all easy
11	Core and optional easy walk 30-40 minutes	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins quicker	Rest	Optional cross training – easy 45-60 minutes	Rest	45-60 minute 'fartlek' walk using landmarks	2 hours 45 minutes with 2 x 30 minutes at a brisk effort over an undulating route

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
12	Core and optional easy walk 30-40 minutes	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins quicker	Rest	Optional cross training – easy 45-60 minutes	Rest	60 minute 'fartlek' walk using landmarks over a hilly route	3 hours all easy
13	Core and optional easy walk 30-40 minutes	45-60 minutes with the final 25 at a brisk effort over and undulating route	Rest	Optional cross training – easy 45-60 minutes	Rest	60 minute 'fartlek' walk using landmarks	3 hours 15 minutes with 5 x 10 minutes at a brisk effort over an undulating route
14	Core and optional easy walk 30-40 minutes	45-60 minutes with the final 25 at a brisk effort over and undulating route	Rest	Optional cross training – easy 45-60 minutes	Rest	45 minute 'fartlek' walk using landmarks	1 hour 40-minute walk off road with the final 60 minutes at a brisk effort over hills
15	Core and optional easy walk 30minutes	40-minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	Optional cross training – easy 30-45 minutes	Rest	30 minute 'fartlek' walk using landmarks	70-minute easy relaxed walk

Plan continued

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
16	Core and optional easy walk 30 minutes	30–40-minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery	Rest	15–20-minute easy walk	Rest	25km Trek Good Luck!	Rest

***Fartlek** – Swedish term that literally means “speed play”. It involves several bursts of effort over a variety of distances with a variable recovery.

***S&C** – stands for strength and conditioning