



50km - TREK TRAINING PLAN

- Always substitute cross training for walking if you are injured, very sore or it is not safe to train outdoors.
- Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Fuel your long walks well with regular snacking on healthy carbohydrate and protein and sipping water throughout.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Core and optional easy walk 30 minutes	30 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery	Rest	10 mins steady walking + 8 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 90 minutes off road if possible
2.	Core and optional easy walk 30 minutes	30 minute walk to include 5 x 4 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 10 x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training – easy 30 minutes	Easy 1hr 45 minutes off road if possible
3.	Core and optional easy walk 30 minutes	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	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 30-40 minutes	Easy 2 hours off road if possible
4.	Core and optional easy walk 30 minutes	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 6-8 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 2 hours 20-30 minutes off road if possible
5.	Core and optional easy walk 30 minutes	30-40 minute walk to include 4 x 4 minutes brisk effort over a hilly route, 2 minute easy effort recovery	Rest	40 minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery	Rest	Optional cross training – easy 30-40 minutes	Easy 1 hour 30-45 minutes off road if possible
6.	Core and optional easy walk 30 minutes	45 minute walk to include 6 x 5 minutes brisk effort, 90s easy recovery	Rest	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 2 hour 45 minute - 3 hour walk off road



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.	Core and optional easy walk 30 minutes	45 minute walk to include 3 x 10 minutes brisk effort, 120s easy recovery	Rest	Optional cross training – easy 30-40 minutes	Rest	30-45 minute hilly 'fartlek' walk using landmarks	3 hours 30 minutes easy and off road
8.	Core and optional easy walk 30 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 hill 'fartlek' walk using landmarks	3 hour 45 minutes off road
9.	Core and optional easy walk 30 minutes	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker over an undulating route	Rest	Optional cross training – easy 45-60 minutes	Rest	30-45 minute 'fartlek' walk using landmarks	4 hour 30 minutes with navigation including hills and off road sections
10.	Core and optional easy walk 30 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	2 hours all easy
11.	Core and optional easy walk 30 minutes	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker over an undulating route	Rest	Optional cross training – easy 45-60 minutes	Rest	45-60 minute 'fartlek' walk using landmarks	25km off road walk with 3 x 3km at a brisk effort over a undulating route
12.	Core and optional easy walk 30 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	4-5 hour easy walk



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13.	Core and optional easy walk 30 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	30-32km off road walk with the final 10km to include brisk hills
14.	Core and optional easy walk 30 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	2 hour 30 minute walk off road with the final 60 minutes at a brisk effort over hills
15.	Core and optional easy walk 30 minutes	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	Optional cross training – 30-45 minutes	Rest	30 minute 'fartlek' walk using landmarks	90 minute easy relaxed walk
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	50km walk - GOOD LUCK!	Rest