



100km - 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	30-40 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery	Rest	5 mins easy walking + 8 x 2 minute brisk up hill efforts with easy walk back recovery + 5 mins easy walking	Rest	Cross training (run, bike, cross trainer, rowing) – easy 30 minutes	Easy 1hr 45 minutes over a hilly route
2.	Core	40 minute walk to include 5 x 4 minutes brisk effort, 90s easy recovery	Rest	5 mins easy walking + 8 x 2 minute brisk up hill efforts with easy walk back recovery + 5 mins easy walking	Rest	Cross training – easy 30 minutes	Easy 2 hours
3.	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	8 mins steady walking + 6 x 3 brisk up hill efforts with easy walk back recovery + 8 mins steady walking	Rest	Cross training – easy 30 minutes	Easy 2 hours 15-30 minutes
4.	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 8 x 3 minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold'	2 hour 40 minutes with the final 40 minutes at a steady effort
5.	Core	30-40 minute walk to include 3 x 4 minutes brisk effort, 2 minute easy effort recovery	Rest	45 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	Cross training – easy 30 minutes	Easy 1hr 45 minute walk
6.	Core	60 minute walk to include 6 x 5 minutes brisk effort, 90s easy recovery	Rest	45 minute 'fartlek' walk using landmarks	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold'	Easy 3 hour – 3hr 15 minute walk over a hilly route with navigation



100km - 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
7.	Core	60 minute walk to include 3 x 10 minutes brisk effort, 120s easy recovery	Rest	45 minute 'fartlek' walk using landmarks including hills	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold'	3hrs 30 minutes over a hilly route with navigation
8.	Core	45 minute walk to include 3 x 10 minutes brisk effort, 90s easy recovery	Rest	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30-45 minute 'fartlek' walk using landmarks including hills	4 hour walk with navigation including hills and off road sections
9.	Core	60-70 minute 'out and back' walk – walk out for 35 minutes, turn and get back to the start 2-3 mins quicker	Rest	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30-45 minute 'fartlek' walk using landmarks including hills	4 hour 30 minutes with navigation including hills and off road sections
10.	Core	60-70 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	30 minute easy cross training	Rest	30-40 minute easy walk	Split 3 easy hours walk + 3 hours steady with break for refueling between.
11.	Core	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker	Rest	30 minute easy walk and stretch	Rest	45-60 minute 'fartlek' walk using landmarks	20-30km easy walk
12.	Core	60-70 minute 'out and back' walk – walk out for 35 minutes, turn and get back to the start 2-3 mins quicker	Rest	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	90 minute walk over hill terrain pushing a brisk effort up climbs	7-8 hour walk with break every 1.5 hours for fuel and water



100km - 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
13.	Core	70 minutes with the final 40 at a brisk effort	Rest	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	90-120 minute walk over hill terrain pushing a brisk effort up climbs	Full day hike with pack practicing fuelling over hilly and off road terrain aiming to cover 60-70km
14.	Core	60 minutes with the final 25 at a brisk effort	Rest	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	75 minute walk over hill terrain pushing a brisk effort up climbs	30km brisk walk
15.	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30 minute 'fartlek' walk using landmarks including hills	2 hour easy relaxed walk
16.	Core	40 minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery	Rest	30 minute easy walk	Rest	100km walk - GOOD LUCK!	Rest