



CANCER
RESEARCH
UK

Together we are
beating cancer

Trek training plan 100k

running
withus 



Trek training plan

100k

Getting started

Performance training and fitness development can feel complicated, with lots of conflicting advice – but it doesn't have to be.

Training

Your running, cross-training and conditioning sessions in this plan will progress over the weeks and become more specific to the distance you're training for.

Nutrition

You need to fuel your training and recovery correctly so you have the right macro- and micro-nutrients in your body to train hard, repair muscles and cells, and support your immune system, blood and bones.

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.

Things to consider

- Always substitute cross-training for walking if you're injured, very sore or it's not safe to walk.
- If you have time, add core conditioning, Pilates or yoga classes once or twice a week.
- 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 walk too hard.
- Tiredness always catches up, so take extra rest if required.

'Fartlek' is Swedish term that literally means speed play. It involves several bursts of effort over a variety of distances with a variable recovery.



Trek training plan

100k

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core	Walk: 30–40 min with 3 x (5 min brisk, 2 min easy)	Rest	Walk: 5 min easy, 8 x (2 min brisk uphill, easy walk back), 5 min easy	Rest	Easy cross- training: 30 min	Long walk: 1 hr 45 min easy, hilly route
2	Core	Walk: 40 min with 5 x (4 min brisk, 1 min 30 sec easy)	Rest	Walk: 5 min easy, 8 x (2 min brisk uphill, easy walk back), 5 min easy	Rest	Easy cross- training: 30 min	Long walk: 2 hr easy
3	Core	Walk: 45 min with 5 x (5 min brisk, 1 min 30 sec easy)	Rest	Walk: 8 min steady, 6 x (3 min brisk uphill, easy walk back), 8 min steady	Rest	Easy cross- training: 30 min	Long walk: 2 hr 15 min– 2 hr 30 min easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Core	Walk: 45 min with 5 x (5 min brisk, 1 min 30 easy)	Rest	Walk: 10 min steady, 8 x (3 min brisk uphill, easy walk back), 10 min steady	Rest	Cross-training: 30 min with 10 min easy, 10 min steady, 10 min threshold	Long walk: 2 hr 40 min with the last 40 min steady
5	Core	Walk: 30–40 min with 3 x (4 min brisk, 2 min easy)	Rest	Walk: 45 min with 4 x (5 min brisk, 1 min 30 steady)	Rest	Easy cross- training: 30 min	Long walk: 1 hr 45 min easy
6	Core	Walk: 1 hr with 6 x (5 min brisk, 1 min 30 sec easy)	Rest	Fartlek: 45 min using landmarks	Rest	Cross-training: 30 min with 10 min easy, 10 min steady, 10 min threshold	Long walk: 3 hr–3 hr 15 min hilly route with navigation
7	Core	Walk: 1 hr with 3 x (10 min brisk, 1 min 30 sec easy)	Rest	Fartlek: 45 min using landmarks	Rest	Cross-training: 30 min with 10 min easy, 10 min steady, 10 min threshold	Long walk: 3 hr 30 min hilly route with navigation

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Core	Walk: 45 min with 3 x (10 min brisk, 1 min 30 sec easy)	Rest	Cross-training: 45 min with 15 min easy, 15 min steady, 15 min threshold	Rest	Fartlek: 30–45 min with hills using landmarks	Long walk: 4 hr with off-road sections and hills with navigation
9	Core	Out and back walk: 1 hr–1 hr 10 min, with 35 min out, get back 2–3 min quicker	Rest	Cross-training: 45 min with 15 min easy, 15 min steady, 15 min threshold	Rest	Fartlek: 30–45 min with hills using landmarks	Long walk: 4 hr 30 min with off-road sections and hills with navigation
10	Core	Walk: 1 hr–1 hr 10 min with 4 x (5 min brisk, 1 min 30 sec easy)	Rest	Easy cross- training: 30 min	Rest	Easy walk: 30–40 min	Long walk: 6 hr with 3 hr easy, break for refuelling, 3 hr steady
11	Core	Out and back walk: 40 min, with 20 min out, get back to the start 2–3 min quicker on undulating	Rest	Stretch + easy walk: 30 min	Rest	Fartlek: 45 min–1 hr using landmarks	Long walk: 20–30k easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12	Core	Out and back walk: 1 hr–1 hr 10 min with 35 min out, get back to the start 2–3 min quicker	Rest	Cross-training: 1 hr with 20 min easy, 20 min steady, 20 min threshold	Rest	Walk: 1 hr 30 min hilly route with brisk climbs	Long walk: 7–8 hr with break every 1 hr 30 min for fuel and water
13	Core	Walk: 1 hr 10 min with last 40 min brisk	Rest	Cross-training: 1 hr with 20 min easy, 20 min steady, 20 min threshold	Rest	Walk: 1 hr 30 min–2 hr hilly route with brisk climbs	Long walk: full-day hike with pack, practice fuelling, hilly route and off road, aiming for 60–70k
14	Core	Walk: 1 hr with last 25 min brisk	Rest	Cross-training: 1 hr with 20 min easy, 20 min steady, 20 min threshold	Rest	Walk: 1 hr 15 min hilly route with brisk climbs	Long walk: 30k brisk
15	Core	Walk: 45 min with 5 x (5 min brisk, 1 min 30 sec easy)	Rest	Cross-training: 45 min with 15 min easy, 15 min steady, 15 min threshold	Rest	Fartlek: 30 min with hills using landmarks	Long walk: 2 hr easy
16	Core	Walk: 40 min with 3 x (5 min brisk, 1 min 30 easy)	Rest	Easy walk: 30 min	Rest	Event day – good luck!	Rest