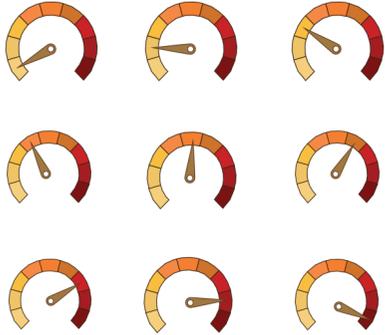




TREK TRAINING GUIDE

This guide is suitable for all Trip Grades



This 16-week guide assumes your starting fitness level will allow you to progress steadily. Be honest with yourself regarding your current level of fitness and allow more time if you require more gradual progression.

Building fitness and stamina is key preparation regardless of the terrain of your challenge, or whether it is at altitude. Following the advice in this guide will help you to prepare - the rest is up to you!



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TRAINING DIARY

WEEK 1 | Building up gently

KEY FOCUS

1. Ensure you have good quality, worn-in walking boots
2. Think about foot motion
3. Establish a routine that works for you

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	FLEXIBLE	OUTDOOR
TIME	-	30 mins - 1 hour	-	30 mins - 1 hour	1 hour	-	1-2 hours
SESSION DETAIL	<p>Everybody hates Mondays - we have therefore built this in as a rest day!</p> <p>Rest days need to be built into your training week as this is when we recover and build muscle.</p>	<p>Aim for 1 hour. If it seems too much don't over-do it; build up gently. Try to walk briskly and purposefully - this is not an amble around the shops.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p> <p>This flexible day has been built in for you to adjust things around, if work or family commitments require you to make changes to this schedule. Ensure your rest days are not consecutive: they are there to break up your exercise days.</p>	<p>Aim for an hour's purposeful walk. If you like the gym, build that into this session. In terms of fitness, you can achieve more in an hour's gym work-out than on a walk, but walking outdoors provides better preparation in so many other ways.</p>	<p>Choose an activity to raise your pulse, but nothing too strenuous!</p> <p>An hour's swim or cycle will achieve this, or a yoga or pilates class, or tennis or squash ... it doesn't always have to be the same activity.</p>	<p>Check the weekend weather forecast. Plan your walk on the day with the best weather.</p>	<p>There is no better training than walking outdoors, on a variety of terrain, in the kit you will take on your trip - especially your walking boots and day-sack.</p> <p>If the terrain is fairly flat, aim for around 6 miles. If it's hilly, you'll probably do less.</p> <p>Make a note of your route and how long it took you, to help track your progress.</p>
TIPS & TRICKS	<p>Tip - Unless advised otherwise, you will need good quality walking boots for your trip. They should have a reasonably high ankle and stiff heel counter to give lateral support. The midsole should be firm yet comfortable.</p> <p>If you have had a pair for a while, check the sole pattern still has plenty of grip.</p> <p>For a brief overview on walking boots, watch our online video</p>	<p>Trick - If you have new walking boots, they will need to be worn in. Wear them around the house, at work, etc., before tackling longer trips. Once they have conformed to the shape of your feet you are less likely to get blisters.</p> <p>Tip - The beauty of training to trek is that you can get out and walk anywhere. Fit in a brisk walk before or after work, or during your lunch-break. Pavements, tracks, round the park ... it doesn't matter, but make the most of your time.</p>		<p>Tip - Time in the gym, especially on the treadmill or stair climber, is useful for building fitness and core strength. A gym instructor should be able to show you exercises to help you specifically for trekking.</p>	<p>Tip - Choose exercise that interests and motivates you, as you are more likely to stick to it.</p> <p>Trick - build some time in to do some stretches - as we increase the amount of exercise we are doing, stretching will help prevent injuries.</p>	<p>Tip - Plan tomorrow's walk and pack your kit. If your day-sack is ready the night before it'll help motivate you to get out the door.</p> <p>Carry what you need, but don't overdo it. Extra weight puts strain on feet and knees, so build up gradually.</p>	<p>Walking technique: foot motion. Touch the ground with your heel first, roll forward through the arch, over the ball of your foot to your toes, which push off to start another step.</p> <p>This reduces the risk of shin splints and tendon pulls, and other stresses caused by pounding or walking flat-footed.</p>



TRAINING DIARY

WEEK 2 | Preparing your kit

KEY FOCUS

1. Fit walking into your daily routine
2. Wear your day-sack when walking
3. Start using trekking poles if you plan to use them on your main trip

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1 hour	-	1 hour	1 hour	-	1-2 hours
SESSION DETAIL	<p>Recover and feel smug having completed your first week's training!</p> <p>Avoid changing this rest day as it has been built in to allow your body time to adapt to the training.</p>	<p>Keep aiming to do this session outside where possible, and try to walk a little faster or further than last week.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>An hour's purposeful walk, or fitness training in the gym.</p> <p>Keep a track of your progress - you will soon see improvements.</p>	<p>Get out there and do something again today, either before work, at lunch time or after work. Aim to raise your pulse but not get massively sweaty!</p>	<p>Check the weekend weather forecast. Walk on the day with the best weather.</p>	<p>Time for your second big walking session. Try to avoid doing the same route over and over again as it will be hard to motivate yourself week after week.</p> <p>Aim for around 6 miles again, depending on the terrain.</p> <p>Make a note of how long it takes you and compare it to last week.</p>
TIPS & TRICKS	<p>Read your itinerary for your trip to inspire you for your second week of training.</p> <p>Many people on our treks use trekking poles, which considerably reduce impact on your knees. They are also useful if you are unsteady on uneven ground, especially when it's steep. If you are thinking of doing so, now is the time to start getting used to them.</p> <p>Watch our online video for advice on walking with trekking poles</p>	<p>Tip: If you travel by public transport, get off a stop or two early to increase your walking distance. If you drive, park further away, or walk a longer route. Small changes make a big difference, and pre-work walking gives you a sense of achievement before the day has even started!</p> <p>Tip: - If fitting an hour's walk into a work day is still tricky sometimes, it's better to split it into two brisk half hour walks than miss it altogether.</p>		<p>Reflect - on the kit you need with you out on a hike. Make sure you are prepared for all that the British weather can throw at you.</p> <p>Tip - On your main trip, you will carry a day-sack with everything you need for the day. It is good practice to simulate this when training, so you are used to walking with the weight.</p> <p>Trick—Get used to packing your day-sack the same way each time, so you can find things quickly.</p>	<p>Tip - Why not try yoga or pilates - great for core strength and flexibility! If you find you are unsteady on uneven ground, yoga and pilates can improve balance and posture.</p>	<p>Tip - ensure your boots are clean and ready to go. Cleaning your boots after a walk ensures their continued technical performance, and helps to increase their lifespan. Simply use some warm water and a fairly stiff brush, though be gentle with more delicate uppers.</p> <p>Don't get them so wet they risk losing their shape. Thick mud can be easier to remove when dry.</p>	<p>Trouble-spotting - If the arch of your foot aches, it can be caused by pounding when you walk. Make sure you touch the ground with your heel first, and push off with your toes. Arch supports may help. Landing too heavily on the heel can cause bruised heels. Ensure the cushioning in your boots is adequate. Bear in mind that walking on pavement is tougher on your feet than grass.</p>



TRAINING DIARY

WEEK 3 | Hills and steps

KEY FOCUS

1. Vary your walking terrain
2. Build hills into your training
3. Thinking about your diet

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1 hour	-	1 hour	1 hour	-	2-3 hours
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	<p>Try to vary your terrain; eg, if you have been walking on paved paths, find some dirt, grass or stony tracks.</p> <p>Try to incorporate at least five minutes of uphill walking or steps.</p>	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your aerobic endurance .	<p>Check the weekend weather forecast. Walk on the day with the best weather.</p> <p>Continue to train with the kit you will take on your main trek, including your day-sack.</p>	<p>Today is about hills – hopefully you'll have some hilly ground nearby. If not, make sure your walk is nearer to 3 hours than 2.</p> <p>Different hill gradients are useful for training. You don't have to aim for the steepest; long, gentle hills are good for building stamina.</p>
TIPS & TRICKS	<p>Tip - if your boots aren't waterproof, treat them so they are ready in time for your next walk. Outdoor shops sell a range of spray and wax, depending on the type of boot. Wet feet increase the risk of blisters.</p> <p>Trick—if your boots get wet on a walk, stuff them with screwed-up newspaper and replace every couple of hours. Best to let them dry naturally, not near a heat source.</p>	<p>Tip – Even if your main trek is on fairly flat terrain, training on hills builds fitness and stamina.</p> <p>Trick - Find a steep hill, or steps (eg several floors of a department store/office block) and walk up and down several times as part of your hour's walk.</p>		<p>Tip - If you are outdoors, try not to repeat your Tuesday session. Keeping it fresh and interesting aids motivation.</p>	<p>Tip - Try finding an activity you enjoy and use it as a reason to try new things.</p> <p>Trick – This session could be done over a lunch-time, be it a cycle or a jog.</p> <p>For advice on what to look for in a day-sack, see our online video</p>	<p>Tip—Try to maintain a good diet as you train. Regular walking inevitably helps with weight loss so there's no need to embark on a strict diet. Just don't undo your training efforts with bad nutrition!</p> <p>When you're finding the going tough, you'll inevitably wish you were carrying less. Losing body weight has many positive knock-on effects - and you'll miss it far less than the contents of your day-sack!</p>	<p>Trouble-spotting—shin pain. Often known as shin splints, aching shins are common for new walkers, or when you increase speed or distance.</p> <p>Walk at a slower pace at the start as a warm-up, and stretch your shins and calves before and after walking. Think about your foot motion—it should roll, not pound. Inflexible soles can have an impact, as can old boots, where the cushioning is less effective.</p>



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TRAINING DIARY

WEEK 4 | Rest week – with a walk

KEY FOCUS

1. Rest, Relax and Recover
2. Think about your walking posture
3. Find some walking buddies

DAY	MON	TUE	WED	THU	FRI	SAT	SUN	
SESSION TYPE								
	REST	REST	REST	REST	CROSS	FLEXIBLE	OUTDOOR	
TIME	-	-	-	-	1 hour	-	2-3 hours	
SESSION DETAIL	Hooray – your first rest week! Well done, you've earned it.				So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.		Check the weekend weather forecast . Plan your walk on the day with the best weather.	We don't want to take things too easy so keep up this weekend walk. This is your 4 th long walk so choose your favourite if you have done 3 different ones. If you have done the same walk each week, find a new route.
TIPS & TRICKS	<p>Tip – If you feel you really, really need this rest because you are struggling with blisters or other foot pain, try seeking expert advice at a specialist outdoors shop.</p>		<p>Tip – If you are eager to keep walking and feel this training is too easy – we will be ramping things up a little next week.</p> <p>Still not satisfied? Go for an hour's walk as normal.</p>		<p>Tip - Time passes quicker with a friend to walk with! You could also see if there's a local walking group you could join, or use your trip's Facebook group to compare training tips, or see if anyone on your trip lives near enough to meet for a walk.</p>		<p>Tip – Keep stretching those muscles!</p>	<p>Walking technique – a good posture goes a long way when trekking. Walk tall and straight— imagine a string passing up through your spine and out of the top of your head. Think 'suck in your gut, tuck in your butt!' Shoulders and back should be relaxed, not rigid. Bad posture exacerbates aches and pains, while a good walking posture helps relieve them.</p> <p>Don't lean forward or back when you walk. Arching your lower back can create real discomfort over long distances.</p>



TRAINING DIARY

WEEK 5 | More posture, nutrition and hydration

KEY FOCUS

1. Think about nutrition and water
2. Consecutive days of walking
3. Be aware of your head and neck posture

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
TIME	-	1 hour	-	1 hour	1 hour	1 hour	3 hours
SESSION DETAIL	Look at the adjusted times in the time row – we have stepped things up a little this week, and introduced consecutive days of walking.	Ensure you continue to walk briskly to maximise this hour. Continue to incorporate at least five minutes of strenuous uphill walking or steps.	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your aerobic endurance .	Check the weekend weather forecast . Plan your long walk on the day with best weather. On your walks you should be wearing the boots and day-sack you will take on your main trip, and using poles if you have chosen to.	If you find this harder than usual after yesterday's walk, aim for 2-2.5 hours but include some hills . Three is better, especially if hilly. Walking on consecutive days helps to build fitness and stamina .
TIPS & TRICKS	Tip - Well-fitting boots and dry feet are the best way to avoid blisters . You should also try to prevent getting grit or sand in your socks, as it will rub. Shake out socks and boots regularly. Trick - If your feet get hot, cover them in talcum powder before putting on your socks. It keeps them dry and helps prevent athlete's foot, and also acts as a lubricant between skin and sock. Vaseline also works well to reduce friction, but is best avoided on sandy or gritty terrain.	Tip – Try to maintain your posture when walking up and downhill too!		Tip – Nutrition can be key to a good training session. Fuelling your body well with carbohydrates and protein a day or two before your longer hikes will help ensure you have enough energy. Ensuring you are well-hydrated before a long walk should also start a day or two before. Being well-hydrated aids energy, concentration and recovery , and your muscles are less likely to cramp .	Tip – Remember to keep stretching after all of your exercise sessions. Don't stretch cold muscles though!	Tip – Get a snack ready for longer walks to give you an energy boost. Flapjack and dried fruit and nuts are good – jelly babies also work well if you are running low on energy! Don't forget to drink! In typical British weather, aim to drink every 15-20 minutes – obviously you'll need more if it's hot. As a general rule, you should drink a litre of water every 2 hours - more if it's hot or at altitude.	Walking technique - think about your head and neck posture . Walk with your head up and eyes focused about 4-6m (15-20 feet) ahead, chin parallel to the ground. Looking down at the ground for prolonged periods strains the neck and shoulders, as does craning your neck.



TRAINING DIARY

WEEK 6 | Terrain and more technique

KEY FOCUS

1. Plan varied terrain into your walks
2. Test out different sock combinations
3. Blister care

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
TIME	-	1 hour	-	1 hour	1 hour	1 hour	4 hours
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this hour. Increase the amount of uphill walking / steps to ten minutes	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your aerobic endurance .	Check the weekend weather forecast . Plan your long walk on the day with best weather.	Aim for four hours. Include a variety of terrain where possible. Rocky paths, narrow rutted tracks, loose sand, wet mud walking in different conditions uses different muscles and prepares you more thoroughly, as well as boosting your capabilities and confidence.
TIPS & TRICKS	For advice on hydration on our trips, watch our online video	Trick – Staying hydrated is vital when long-distance trekking. Your trip might be in a hotter climate than the UK, increasing your need to drink. Drinking on the move by using a hydration bladder (eg platypus) helps you to maintain an even, steady pace. Having to stop to access your water-bottle each time is more hassle (and therefore you won't bother to drink as often), while trying to catch up each time uses up energy - or you'll simply get further behind, which can be de-motivating.	Tip – now that we're on consecutive days of walking, test out your socks to gain the perfect fit in different conditions. Trick —experiment with different sock thicknesses —some people swear by thin liner socks inside walking socks to reduce friction, others prefer one thick pair. In hot conditions, or on different types of terrain , your feet will probably react differently, so get to know what suits your feet best. Ensure your socks wick moisture away from your feet - wet socks are a high blister risk.		Tip - Try finding an activity you enjoy and use it as a reason to try new things.	Tip - A hot-spot on your foot is a warning that a blister is forming. Stop straightaway , and cover the spot with zinc oxide tape and/or dressings. Changing into a fresh pair of socks can help too. Compeed works well for blister recovery if you are not trekking again for a while , but is not effective (and can make it worse) if you need to keep walking. We do not recommend it on multi-day treks.	Walking technique - let your arms swing naturally when you walk, though not too high. Bend your arms at the elbows. On long walks, straight arms can lead to swelling or numbness in hands and fingers. Keep your hands in a relaxed curl, not clenched. Bending your arms when walking also helps to increase your pace, and typically burns 5-10% more calories .



TRAINING DIARY

WEEK 7 | Embrace different weather conditions

KEY FOCUS

1. Walk in all weather conditions
2. Think about your stride
3. Mind-set

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
TIME	-	1 hour	-	1 hour	1 hour	2 hours	4 hours
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this hour. Continue to include ten minutes of uphill walking / steps	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your aerobic endurance .	On a typical trek you can expect to walk for around 8 hours on a full day's walk. Two hours is therefore a great benchmark distance, marking the (approx) half-way point to lunch, and again to the end of the day. This will help you visualise what's to come. When the going gets tough on your big trip, picture these training walks as what you have to do between each break!	Aim for four hours if you can, and keep varying the terrain and length / severity of gradient.
TIPS & TRICKS		Tip – You should be used to walking with your day-sack now. Start to increase the amount you carry so that you are used to the weight you will need to carry on your main trip.	Tip – When you have hills you have views, and they motivate us to keep going! Reward yourself by planning in some fantastic vistas for this weekend.		Tip - Try finding an activity you enjoy and use it as a reason to try new things.	Tip —it isn't always possible to match the climate of your trekking destination, but it helps enormously if you have experience of walking in heat, cold, rain and strong wind . It's vital that you have confidence in your clothing and kit (eg if it is waterproof , or wicks well) - and have time to rectify it if it isn't up to scratch.	Walking technique - to improve stride try to use your core muscles, rather than leading with the foot. Remember to place the heel down first and roll through. Pushing off with the toes of your rear foot gives your pace more power . Don't overstride with your forward foot, as that can put stress on joints and cause shin pain. As hip flexibility increases, your walking stride will naturally lengthen. Don't try to force this, it will come naturally.



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TRAINING DIARY

WEEK 8 | Rest week – with a walk

KEY FOCUS

1. Rest, Relax and Recover
2. Pick your favourite walk
3. Assess your walking pace

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	REST	REST	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	-	-	-	1 hour	-	2-4 hours
SESSION DETAIL	Hooray – your second rest week! Well done, you've earned it.				So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.		<p>We don't want to take things too easy so keep up your longer weekend walk.</p> <p>This is your 8th weekend, so choose your favourite route.</p> <p>Enjoy yourself – you've been training for eight weeks on this routine. Hopefully you've found a love for hiking.</p>
TIPS & TRICKS	<p>Tip – If you are eager to get back walking and feel this training is too easy – we will be ramping things up more next week.</p> <p>Still not satisfied? Go for an hour's walk as normal.</p>				Ensure you keep stretching!		<p>Tip—Aim to be walking an average pace of around 3mph on fairly flat terrain. If you can sustain that pace and could happily have walked for longer, your training is on track!</p>



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TRAINING DIARY

WEEKS 9-10 | Building up consecutive distances

KEY FOCUS

1. Walking pace on longer distances
2. Plan in some hilly walking weekends
3. Alternative ways to lace your boots

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
TIME	-	1 hour +	-	1 hour	1 hour	2-3 hours	6 hours
SESSION DETAIL	We are stepping things up for your final few weeks, building on consecutive daily distances to better prepare you for your main trek.	Ensure you continue to walk briskly to maximise this walk. Increase the amount of uphill walking / steps to fifteen minutes If you want to extend this session then do so. Don't over-do it though!	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your aerobic endurance .	Continue to vary the terrain and length / severity of gradient . Don't worry about the weather this weekend. On your main trek you'll be out in all weathers, so continue to embrace it! <i>Consolidate your fitness by repeating this week again on Week 10; ideally increase the length of this shorter walk by an hour.</i>	Now you are approaching a full day walk, remember your posture and all the walking techniques you have learned. Compare your pace with that of your shorter walks. Ideally you should be able to maintain the same speed . If you tire and slow as the day goes on don't worry, just keep building your stamina .
TIPS & TRICKS	If your challenge is going to be in mountainous terrain , you will face long hours of continuous uphill (and downhill, which is also tiring) in exposed conditions. It's harder to train for this if you don't live in an area with big hills , so we recommend planning a weekend or two in regions such as Snowdonia, the Lake District or the Peak District, where you can test yourself in real hill-country. If you aren't confident tackling this sort of terrain without expert help , check out our UK trek weekends , including the popular	Tip - To maximise this session, introduce more uphill into your hour, or spend more time walking up and down flights of steps .			Tip - Try finding an activity you enjoy and use it as a reason to try new things.	Tip - If you think six hours tomorrow will test you, make your short walk a hilly one, and enjoy a flattish longer walk. Tip - Remember to take plenty of healthy snacks on your longer walks to keep your energy levels topped up, and take a few short rests.	Trouble-spotting - blackened toenails are caused by the big toe hitting the front of your boot. Keep your toenails neatly trimmed. If one of your feet is slightly larger than the other (as most are), ensure your boots fit the larger one. If your heels slide in your boots, especially when walking downhill, try lacing your boots to avoid heel slippage . There are various ways to lace boots to prevent foot problems or improve fit - See Cotswold Outdoor's guide for boot fit and lacing techniques



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TRAINING DIARY

WEEKS 11-12 | Ramping up the preparation

KEY FOCUS

1. Be prepared and walk safely
2. Ensure your day-sack fits you properly
3. Altitude awareness

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
REST	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
TIME	-	1-2 hours	-	1 hour	1 hour	4 hours	6 hours
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this walk. Continue to include fifteen minutes of uphill walking / steps, and lengthen the session if you can.	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your aerobic endurance .	Continue to vary the terrain and length / severity of gradient. <i>Consolidate your fitness by repeating this week again on Week 12; ideally increase the length of this shorter walk by an hour.</i>	We are coming closer now to walking for a full day . If you feel this is really challenging, choose flatter terrain for these longer walks. If you are keen to step up the challenge, plan in some rewarding hills.
TIPS & TRICKS	If your challenge is going to be at altitude , there is little you can do to prepare specifically for the extra challenges that poses. Working on your stamina helps to combat the fatigue. Good overall fitness does not necessarily make you acclimatise better, but it does help to eliminate other obstacles. Overall good health is very important too, and a determined attitude!	Tip - You should now be carrying all the gear you will need for a full-length trekking day, so take time to ensure your day-sack fits properly. Use the adjustable straps to ensure the weight is sitting on your hips , not dragging at your shoulders or back. See our video for a reminder .			You are progressing nicely through your training plan – if you want to extend this session then do so. Don't over-do it though!	If you're striking out into real hill-country, think about basic safety . Make sure you have a good OS map (don't just rely on GPS), phone and first aid kit in addition to your spare clothing, snacks and water. Check the weather forecast, and ensure that someone knows your route and when you expect to be back, especially when walking alone. Some terrain is more hazardous than others (eg mountains, moors) so do not overestimate your experience. If in any doubt, stick to areas that are less remote, with good mobile phone signal.	Tip – You will be amazed how powerful your mind is. A strong mental approach can get you to the end of each day, even when your body wants to give up! Break the day down into small chunks and don't dwell on the bigger picture. Trick – Remember to enjoy your walk. It's not a race – it's a journey through a beautiful part of the world that is meant to take all day!



TRAINING DIARY

WEEKS 13-14 | Hills and challenging weather

KEY FOCUS

1. Try to match terrain to your main trip
2. Walk in different weather conditions
3. Maintaining a good uphill pace

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
TIME	-	1-2 hours	-	1 hour	1 hour	6 hours	8 hours
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this walk. Continue to include fifteen minutes of uphill walking / steps, and lengthen the session if you can.	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your aerobic endurance .	Continue to vary the terrain and length / severity of gradient. <i>Consolidate your fitness by repeating this week again on Week 14; ideally increase the length of this shorter walk by an hour.</i>	Try to match the terrain of your main trip as closely as you can, in terms of hills and the type of conditions underfoot . This isn't always possible, but by giving yourself breadth of experience you test your kit and stamina effectively.
TIPS & TRICKS					Tip – ensure you keep stretching!	Tip - When walking uphill, try to maintain a pace where you can still hold a conversation . Keep your breathing under control. Ease up if you're panting, and take deep breaths through your nose to regain control and increase your oxygen intake.	Tip - Higher elevations attract more challenging weather . Ensure you have tested out the kit you are taking on your main challenge by exposing it to all weathers on your training walks—it's good for your own confidence too. The cold can exacerbate physical and mental fatigue . Ensure you have enough layers to keep warm, but avoid getting too hot. Try to maintain concentration , especially on loose, slippery or uneven ground; when we are tired we're more likely to trip or stumble. Remember to keep topped up



TRAINING DIARY

WEEK 15 | Big Walking Weekend

KEY FOCUS

1. Make the most of your two full walking days
2. Boost your confidence
3. Look forward to your main trip

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
TIME	-	1-2 hours	-	1 hr	1 hr	8 hours	8 hours
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this hour. Continue to include fifteen minutes of uphill walking / steps, and lengthen the session if you can. Don't over-do it though!	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your aerobic endurance .	Continue to vary the terrain and length / severity of gradient.	If you've planned your weekend well, you should be looking forward to today! Take plenty of photos and enjoy the views!
TIPS & TRICKS	Tip - plan your big weekend of walking so that you really make the most of it. Pick routes you don't know well, to keep your interest and motivation levels high. Or get away for the weekend and explore new scenic areas.	If you haven't done so already, have a practice packing session for your big challenge. Make sure you have space, organise your kit well, and are within any trekking weight limit. Our online Challenge Preparation video has useful tips on packing and keeping your kit dry.		Tip - Remember your nutrition in the build-up to your big weekend.	Tip – ensure you keep stretching!	Tip - Of your two routes this weekend, plan the most challenging for the first day. You should be able to gauge from previous weeks what you will be able to achieve, but don't be over-ambitious with your pace and distance if you aren't sure. This weekend should be enjoyable , and ideally boost your self-confidence , not erode it!	Tip – Walk with a friend or local group. Talking helps the miles go by, and this is a long weekend to spend on your own. Tip - if you find it hard at times, remember to break the day into chunks , and celebrate the end of each one with a favourite snack! Congratulate yourself and keep reminding yourself how far you've come since Week 1.



TRAINING DIARY

WEEK 16 | Tapering off week

KEY FOCUS

1. Rest, Relax and Recover
2. Taper off to keep fresh for your big trip
3. Enjoy yourself!

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	REST	REST	REST	CROSS	OUTDOOR	OUTDOOR
TIME	-	-	-	-	1 hour	Up to 2 hours	Up to 2 hours
SESSION DETAIL	Hooray – your final rest week! Well done – you’ve earned it.	Rest	Relax	Recover	So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.	You’ll probably be wanting to go for one last walk in the hills! We have put two short walks in this weekend for you to enjoy yourself on – keep them short, and you’ll feel fresh for your trip.	Why not go for a walk with your family . They have supported / put up with you over this 16-week plan, so get them involved . Enjoy your final short hike before taking part in your big trip!
TIPS & TRICKS		Tip – It’s important to taper off in the build-up to your big trip, so don’t panic this week. Be calm and confident that you’ve prepared well!	Tip – Use your time to check through your kitlist and ensure you have everything you need.				GOOD LUCK!!! If you have stuck to this plan you’ll be more than fit enough to trek those miles away!

