



## Overseas Trek Training - 16 weeks



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	30 min walk to include 3 x 4 min brisk effort with 2 min easy effort recovery	Core work	20 min easy effort cross training	Rest	5 min easy walk plus 8 x 1 min brisk uphill effort with easy walk back plus 5 min easy walk	60 min easy walk
2	Rest	30 min walk to include 3 x 4 min brisk effort with 90 sec easy effort recovery	Core work	20 – 30 min cross training	Rest	5 min easy walking + 8 x 1 min brisk uphill effort with easy walk back plus 5 min easy walk	60 – 75 min easy walk over hilly route
3	Strength, conditioning and core work	30 min walk to include 3 x 5 min brisk effort with 90 sec easy effort recovery	20 min steady walk before breakfast	30 min easy cross training	Rest	5 min easy walking + 10 x 1 min brisk uphill effort with easy walk back plus 5 min easy walk	75 min easy walk over hilly route
4	Strength, conditioning and core work	40 min walk to include 3 x 5 min brisk effort with 90 sec easy effort recovery	20 min steady walk before breakfast	30 min easy cross training	Rest	5 min steady walking + 10 x 1 min brisk uphill effort with easy walk back plus 5 min steady walk	90 min easy walk over hilly route
5	Rest	30 min walk to include 3 x 4 min brisk effort with 90 sec easy effort recovery	Core work	20 min easy cross training	Rest	30 min walk to include 3 x 5 min brisk effort with 90 sec easy effort recovery	60 min easy walk over hilly route





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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	30 – 40 min easy cross train + core	45 min walk with 3 x 5 min brisk effort with 2 min easy effort recovery	30 min steady walk before breakfast	30 min cross training 10 min easy, 10 min steady and 10 min at threshold	Rest	30 min fartlek walk using landmarks	1 hr 45 min – 2 hr easy walk over a hilly route
7	30 – 40 min easy cross train + core	45 min walk with 4 x 5 min brisk effort with 2 min easy effort recovery	30 – 40 min steady walk before breakfast	30 min cross training 10 min easy, 10 min steady and 10 min at threshold	Rest	6 – 8 min steady walking, 8 x 2 min brisk uphill effort with easy walk back recover + 6 – 8 min steady walk	2 hr walk with final 30 min at steady effort
8	30 – 40 min easy cross train + core	40 min 'out and back' walk for 20 min then turn and get home 2 – 3 min quicker	30 – 40 min steady walk before breakfast	30 min cross training 10 min easy, 10 min steady and 10 min at threshold	Rest	6 – 8 min steady walking + 8 – 10 x 2 min brisk uphill efforts with easy walk back + 6 – 8 min steady walk	2 hr 30 – 2 hr 45 with final 45 min at steady effort
9	30 – 40 min easy cross train + core	40 min 'out and back' walk for 20 min then turn and get home 2 – 3 min quicker	30 – 40 min steady walk before breakfast	30 min cross training 10 min easy, 10 min steady and 10 min threshold	Rest	6 – 8 min steady walking + 8 – 10 x 2 min brisk uphill efforts with easy walk back + 6 – 8 min steady walk	3 hr walk over a hilly route with final 60 min at steady effort
10	Rest	30 min walk with 3 x (5 min brisk effort then 90 sec easy recovery)	Rest	30 – 40 min easy cross training	Rest	20 min easy walk and stretch	75 min easy walk





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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	30 – 40 min easy cross train + core	45 min walk with final 20 at a brisk pace	30 – 60 min steady walk before breakfast	40 – 60 min cross training with final 20 – 30 at threshold effort	Rest	30 – 40 min fartlek walk using landmarks	Easy 'day hike' wearing daypack
12	30 – 40 min easy cross train + core	45 min walk with final 25 at a brisk pace	30 – 60 min steady walk before breakfast	30 – 60 min cross training with final 20 – 30 at threshold effort	Rest	30 – 40 min fartlek walk using landmarks	Easy 'day hike' wearing daypack
13	30 – 40 min easy cross train + core	45 min walk with final 25 at a brisk pace	40 – 60 min steady walk before breakfast	40 – 60 min cross training with final 20 – 30 at threshold effort	Rest	30 – 40 min fartlek walk using landmarks	Easy 'day hike' wearing daypack Sections at a steady effort
14	30 – 40 min easy cross train + core	45 min walk with final 25 at a brisk pace	40 – 60 min steady walk before breakfast	40 – 60 min cross training with final 20 – 30 at threshold effort	Rest	30 – 40 min fartlek walk using landmarks	Easy 'day hike' wearing daypack Sections at a steady effort
15	Rest	40 min easy walk before breakfast	30 – 40 min steady walk before breakfast	40 min cross training with final 15 – 20 at threshold effort	Rest	20 min easy walk and stretch	90 min - 2 hr easy walk
16	Rest	30 – 40 min easy walk before breakfast	Rest	30 – 40 min cross training with final 15 at threshold effort	Rest	Rest	<b>Trek begins!</b>

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## Training Tips – how should each walk feel?

There are a number of different paces that you should aim to master that will make up your training:

- Easy walk – fully conversational, relaxed and in control. 5 / 10 difficulty
- Steady walk – let the pulse come up a bit, still in control but breathing and putting effort in to your walk. 6-7 / 10 difficulty
- Brisk walk – faster, more power strides, push the effort up, get the heart beating. 7-8 / 10 difficulty
- Interval efforts – power walking at a high intensity, maintain a good tall posture and driving the arms. 8-9 / 10 difficulty

In detail:

The feeling of not being sure how fast you should train is common.

At the beginning, all you are trying to do is get out and exercise. Find a consistency and a frequency of your training first. That should be at easy pace or if you can't talk comfortably as you are walking, you're going too fast, simple as that

Faster than easy, conversational effort is steady walking. This is the backbone of training for more experienced walkers. This is where you must be honest, so conversation should still be possible, but a little strained

Incorporating brisk walking efforts will see you getting into shape more quickly and efficiently. This is where you are walking at a controlled comfort level: you can still talk between breaths, but only five or six word phrases

Interval training and shorter, faster blocks of power walking, used over hilly terrain to get your heart pumping hard