

Bronze

This training programme is based on building up your endurance base and specific muscle groups for the Bronze route of the Barnardo's Cairngorm Challenge:

Target distances:

- 👁️ Hike: 15km
- 👁️ Bike: 35km
- 👁️ TOTAL: 50km

Time to complete: 10 hours

Please:

- use an exercise log to keep a note of your sessions so that you can reduce the time it takes you to cover the distances set as per the programme
- do a total of four sessions per week including two lighter sessions
- increase the distances or speed if you feel the programme is not challenging you sufficiently

	Week 1	Week 2	Week 3	Week 4
June	4k fast hill walk 6k fast flat walk 8k hill cycle	7k flat walk 10k flat cycle 10k hill cycle	9k flat walk 7k hill walk 14k hill cycle	9k hill walk 16k hill cycle 18k flat cycle
July	11k flat walk 9k fast hill walk 20k flat cycle	11k hill walk 20k hill cycle 24k flat cycle	11k fast flat walk 11k fast hill walk 28k flat cycle	13k flat walk 22k hill cycle
August	15k hill walk 35k flat cycle	17k flat walk 24k hill cycle	Cover 35k cycling in 3 sessions	Cover 17k hill walking in 3 sessions with the lighter sessions being towards the end of the week