

Gold

The gold route is a serious undertaking and should not be attempted without thorough and appropriate training. For those who have not taken part in the Cairngorm Challenge or a similar event before, we would recommend you enter the Bronze or Silver Route first to develop your experience.

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

Target distances:

- 👁 Hike: 25km
- 👁 Bike: 75km
- 👁 TOTAL: 100km

Time to complete: 12 hours

Please:

- This programme assumes a certain level of fitness
- For those participants thinking of running the challenge rather than walking, introduce running in part or all of walk elements of this programme
- use your 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	6k fast hill walk 8k fast flat walk 11k hill cycle 25k flat	10k flat walk 8k hill walk 13k hill cycle 30k flat cycle	12k flat walk 9k hill walk 18k hill cycle 35k flat cycle	12k flat walk 12k hill walk 20k hill cycle 40k flat cycle
July	14k flat walk 12k fast hill walk 13k hill walk 45k flat cycle	16k hill walk 12k fast walk 25k hill cycle 50k flat cycle	15k fast flat walk 18k fast hill walk 25k hill cycle 55k flat cycle	15 flat walk 20k hill walk 20k fast cycle 60k flat cycle
August	22 hill walk 20k flat walk 10k hill cycle 65k flat cycle	25k flat walk 25k hill walk 30k hill cycle 70k flat cycle	Cover 100k cycling in 3 sessions	Cover 25k hill walking in 3 sessions with the lighter sessions being towards the end of the week