

100km Trek Training Plan



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Barnardo's

100km Trek Training Plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	✓	
1	Core	30-40min walk to include, 3 x 5mins brisk effort, 2mins easy effort recovery	Rest	5mins easy walking + 8 x 2min brisk up hill efforts with easy walk back recovery + 5mins easy walking	Rest	Cross training (run, bike, cross trainer, rowing) Easy 30mins	Easy 1hr 45 minutes over a hilly route	<input type="checkbox"/>	😊 😐 😞
2	Core	40min walk to include 5 x 4mins brisk effort, 90s easy recovery	Rest	5mins easy walking + 8 x 2min brisk up hill efforts with easy walk back recovery + 5mins easy walking	Rest	Cross training Easy 30mins	Easy 2hrs	<input type="checkbox"/>	😊 😐 😞
3	Core	45min walk to include 5 x 5mins brisk effort, 90s easy recovery	Rest	8mins steady walking + 6 x 3min brisk up hill efforts with easy walk back recovery + 8mins steady walking	Rest	Cross training Easy 30mins	Easy 2hrs 15-30 mins	<input type="checkbox"/>	😊 😐 😞
4	Core	45min walk to include 5 x 5mins brisk effort, 90s easy recovery	Rest	10mins steady walking + 8 x 3min brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Cross training – 30 progression of 10min easy/ 10mins steady/ 10mins 'threshold'	2hrs 40mins with the final 40mins at a steady effort	<input type="checkbox"/>	😊 😐 😞
5	Core	30-40min walk to include 3 x 4mins brisk effort, 2mins easy effort recovery	Rest	45min walk to include 4 x 5min brisk effort, 90s easy recovery	Rest	Cross training Easy 30mins	Easy 1hr 45min walk	<input type="checkbox"/>	😊 😐 😞
6	Core	60min walk to include 6 x 5mins brisk effort, 90s easy recovery	Rest	45min 'fartlek' walk using landmarks	Rest	Cross training – 30 progression of 10mins easy/ 10mins steady/ 10mins 'threshold'	Easy 3hr-3hr 15min walk over a hilly route with navigation	<input type="checkbox"/>	😊 😐 😞
7	Core	60min walk to include 3 x 10mins brisk effort, 120s easy recovery	Rest	45min 'fartlek' walk using landmarks including hills	Rest	Cross training – 30 progression of 10mins easy/ 10mins steady/ 10mins 'threshold'	3hrs 30mins over a hilly route with navigation	<input type="checkbox"/>	😊 😐 😞
8	Core	45min walk to include 3 x 10mins brisk effort, 90s easy recovery	Rest	Cross training – 45 progression of 15mins easy/ 15mins steady/ 15mins 'threshold'	Rest	30-45min 'fartlek' walk using landmarks including hills	4hr walk with navigation including hills and off road sections	<input type="checkbox"/>	😊 😐 😞

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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	✓	
9	Core	60-70min 'out and back' walk – walk out for 35mins, turn and get back to the start 2-3mins quicker	Rest	Cross training – 45 progression of 15mins easy/ 15mins steady/ 15mins 'threshold'	Rest	30-45min 'fartlek' walk using landmarks including hills	4hr 30mins with navigation including hills and off road sections	<input type="checkbox"/>	😊 😐 😞
10	Core	60-70min walk to include 4 x 5mins brisk effort, 90s easy recovery	Rest	Easy 30mins cross training	Rest	Easy 30-40min walk	Easy, split 3hr walks + 3hrs steady with breaks for refuelling between	<input type="checkbox"/>	😊 😐 😞
11	Core	40min 'out and back' walk – walk out for 20mins, turn and get back to the start 2-3mins quicker	Rest	Easy 30min walk and stretch	Rest	45-60min 'fartlek' walk using landmarks	Easy 20-30km walk	<input type="checkbox"/>	😊 😐 😞
12	Core	60-70min 'out and back' walk – walk out for 35mins, turn and get back to the start 2-3mins quicker	Rest	Cross training – 60 progression of 20mins easy/ 20mins steady/ 20mins 'threshold'	Rest	90min walk over hill terrain pushing a brisk effort up climbs	7-8hr walk with break every 1.5hrs for fuel and water	<input type="checkbox"/>	😊 😐 😞
13	Core	70mins with the final 40mins at a brisk effort	Rest	Cross training – 60 progression of 20mins easy/ 20mins steady/ 20mins 'threshold'	Rest	90-120min walk over hill terrain pushing a brisk effort up climbs	Full day hike with pack practicing fuelling over hilly and off road terrain aiming to cover 60-70km	<input type="checkbox"/>	😊 😐 😞
14	Core	60mins with the final 25mins at a brisk effort	Rest	Cross training – 60 progression of 20mins easy/ 20mins steady/ 20mins 'threshold'	Rest	75min walk over hill terrain pushing a brisk effort up climbs	30km brisk walk	<input type="checkbox"/>	😊 😐 😞
15	Core	45min walk to include 5 x 5mins brisk effort, 90s easy recovery	Rest	Cross training – 45 progression of 15mins easy/ 15mins steady/ 15mins 'threshold'	Rest	30min 'fartlek' walk using landmarks including hills	Easy 2hr relaxed walk	<input type="checkbox"/>	😊 😐 😞
16	Core	40min walk to include 3 x 5mins brisk effort, 90s easy recovery	Rest	Easy 30mins walk	Rest	100km walk! Good Luck!	Rest	<input type="checkbox"/>	😊 😐 😞

Always substitute cross training for walking if you are injured, very sore or it is not safe to train outdoors. Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time. Try to stretch everyday for at least 10mins. Fuel your long walks well with regular snacking on healthy carbohydrate and protein and sipping water throughout.

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