

# 25km Trek Training Plan



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## 25km Trek Training Plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Core and optional easy walk 30mins	<b>30min walk to include</b> 3 x 5mins brisk effort, 2 min easy effort recovery	Rest	<b>10mins steady walking</b> + <b>10 x 90s</b> brisk up hill efforts with easy walk back recovery + <b>10mins</b> steady walking	Rest	<b>Optional cross training</b> (swim, run, bike, cross trainer, rowing) Easy 30mins	<b>Easy walk 60mins</b> off road if possible
2	Core and optional easy walk 30mins	<b>30min walk to include</b> 5 x 4mins brisk effort, 90s easy recovery	Rest	<b>10mins steady walking</b> + <b>12 x 90s</b> brisk up hill efforts with easy walk back recovery + <b>10mins</b> steady walking	Rest	<b>Optional cross training</b> Easy 30mins	<b>Easy 70-80mins</b> off road if possible
3	Core and optional easy walk 30-40mins	<b>40min walk to include</b> 5 x 5mins brisk effort, 90s easy recovery	Rest	<b>10mins steady walking</b> + <b>8 x 2min</b> brisk up hill efforts with easy walk back recovery + <b>10mins</b> steady walking	Rest	<b>Optional cross training</b> Easy 30-40mins	<b>Easy 1hr 20-30mins</b> off road if possible
4	Core and optional easy walk 30-40mins	<b>40min walk to include</b> 5 x 5mins brisk effort, 90s easy recovery	Rest	<b>10mins steady walking</b> + <b>10 x 2min</b> brisk up hill efforts with easy walk back recovery + <b>10mins</b> steady walking	Rest	<b>Optional cross training</b> Easy 30-40mins	<b>Easy 1hr 30-40mins</b> off road if possible
5	Core and optional easy walk 30-40mins	<b>20min walk to include</b> 3 x 4mins brisk effort over a hilly route, 2mins easy effort recovery	Rest	<b>50mins walk to include</b> 4 x 5min brisk effort, 90s easy recovery	Rest	<b>Optional cross training</b> Easy 30-40mins	<b>Easy 1hr 15mins</b> off road if possible
6	Core and optional easy walk 30-40mins	<b>45min walk to include</b> 6 x 5mins brisk effort, 90s easy recovery	Rest	<b>10mins steady walking</b> + <b>8 x 2-3min</b> brisk up and down hill efforts with easy walk back recovery + <b>10mins</b> steady walking	Rest	<b>Optional cross training</b> Easy 30-40mins	<b>Easy 1hr 40-50mins</b> off road
7	Core and optional easy walk 30-40mins	<b>45min walk to include</b> 3 x 10mins brisk effort, 120s easy recovery	Rest	<b>10mins steady walking</b> + <b>3 x 10min</b> brisk up and down hill efforts with easy walk back recovery + <b>10mins</b> steady walking	Rest	<b>Optional cross training</b> Easy 30-40mins	<b>Easy 2hrs</b> off road
8	Core and optional easy walk 30-40mins	<b>50-60min walk to include</b> 3 x 10mins brisk effort, 90s easy recovery	Rest	<b>Optional cross training</b> Easy 45-60mins	Rest	<b>30-45min 'fartlek' walk</b> using landmarks	<b>2hr 15mins</b> off road

## 25km Trek Training Plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
9	Core and optional easy walk 30-40mins	<b>40min 'out and back' walk</b> – walk out for 20mins, turn and get back to the start 2–3mins quicker	Rest	<b>Optional cross training</b> Easy 45-60mins	Rest	<b>30-45min 'fartlek' walk</b> using landmarks	<b>2.5hr walk with</b> the final 60-90mins to include brisk up hill efforts
10	Core and optional easy walk 30-40mins	<b>40min walk to include</b> 4 x 5mins brisk effort, 90s easy recovery	Rest	<b>Easy 40mins cross training</b>	Rest	<b>Easy 30-40min walk</b>	<b>All easy 3hrs</b>
11	Core and optional easy walk 30-40mins	<b>50min 'out and back' walk</b> – walk out for 25mins, turn and get back to the start 2–3mins quicker	Rest	<b>Optional cross training</b> Easy 45-60mins	Rest	<b>45-60min 'fartlek' walk</b> using landmarks	<b>2hrs 45min with</b> 3 x 3km at a brisk effort over a undulating route
12	Core and optional easy walk 30-40mins	<b>50 min 'out and back' walk</b> – walk out for 25mins, turn and get back to the start 2–3mins quicker	Rest	<b>Optional cross training</b> Easy 45-60mins	Rest	<b>60min 'fartlek' walk</b> using landmarks over a hilly route	<b>All easy 3hrs</b>
13	Core and optional easy walk 30mins	<b>45-60min-</b> with the final 25mins at a brisk effort over and undulating route	Rest	<b>Optional cross training</b> Easy 45-60mins	Rest	<b>60min 'fartlek' walk</b> using landmarks	<b>3hrs 15min with</b> 5 x 10mins at a brisk effort over an undulating route
14	Core and optional easy walk 30-40mins	<b>45-60min</b> with the final 25mins at a brisk effort over and undulating route	Rest	<b>Optional cross training</b> Easy 45-60mins	Rest	<b>45min 'fartlek' walk</b> using landmarks	<b>1hr 40min walk</b> off road with the final 60mins at a brisk effort over hills
15	Core and optional easy walk 30mins	<b>40min walk to include</b> 5 x 5mins brisk effort, 90s easy recovery	Rest	<b>Optional cross training</b> Easy 30-45mins	Rest	<b>30min 'fartlek' walk</b> using landmarks	<b>Easy 70mins relaxed walk</b>
16	Core and optional easy walk 30mins	<b>30-40min walk to include</b> 3 x 5mins brisk effort, 90s easy recovery	Rest	<b>Easy 15-20min walk</b>	Rest	<b>25km Trek! Good Luck!</b>	Rest

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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