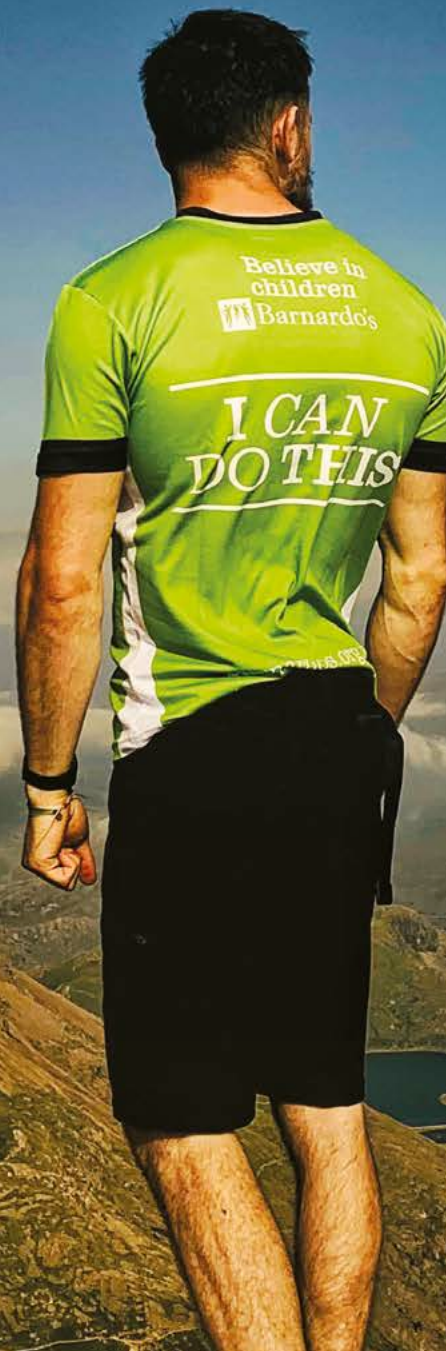


3 Peaks Challenge Training Plan



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3 Peaks Challenge Training Plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	✓	
1	Core and optional easy walk 30-60mins	30min walk to include 3 x 5min brisk effort, 2mins easy effort recovery	Rest	10mins steady walking + 10 x 90s brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training (swim, run, bike, cross trainer, rowing) Easy 30mins	Easy walk 90-100mins off road if possible	<input type="checkbox"/>	😊 😐 😞
2	Core and optional easy walk 30-60mins	30min walk to include 5 x 4min brisk effort, 90s easy recovery	Rest	10mins steady walking + 12 x 90s brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30mins	Easy 1hr 45min-2hr off road if possible	<input type="checkbox"/>	😊 😐 😞
3	Core and optional easy walk 30-60mins	40min walk to include 5 x 5mins brisk effort, 90s easy recovery	Rest	10mins steady walking + 8 x 2min brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30-40mins	Easy 2.5hr-2hr off road if possible	<input type="checkbox"/>	😊 😐 😞
4	Core and optional easy walk 30-60mins	40min walk to include 5 x 5min brisk effort, 90s easy recovery	Rest	10mins steady walking + 10 x 2min brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30-40mins	Easy 2hr 30-45 mins off road if possible	<input type="checkbox"/>	😊 😐 😞
5	Core and optional easy walk 30mins	20min walk to include 3 x 4min brisk effort over a hilly route, 2mins easy effort recovery	Rest	50mins walk to include 4 x 5min brisk effort, 90s easy recovery	Rest	Optional cross training Easy 30-40mins	Easy 1hr 30-45 mins off road if possible	<input type="checkbox"/>	😊 😐 😞
6	Core and optional easy walk 30-60mins	45min walk to include 6 x 5min brisk effort, 90s easy recovery	Rest	10mins steady walking + 8 x 2-3min brisk up and down hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30-40mins	Easy 2hr 45mins-3hr walk off road	<input type="checkbox"/>	😊 😐 😞
7	Core and optional easy walk 30-60mins	45min walk to include 3 x 10min brisk effort, 120s easy recovery	Rest	10mins steady walking + 3 x 10min brisk up and down hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30-40mins	Easy 3hr 45min off road	<input type="checkbox"/>	😊 😐 😞
8	Core and optional easy walk 30-60mins	50-60min walk to include 3 x 10min brisk effort, 90s easy recovery	Rest	Optional cross training Easy 45-60mins	Rest	30-45min 'fartlek' walk using landmarks	4hr off road making sure the final 60-90mins is hilly	<input type="checkbox"/>	😊 😐 😞

3 Peaks Challenge Training Plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	✓	
9	Core and optional easy walk 30-60mins	40min 'out and back' walk – walk out for 20mins, turn and get back to the start 2-3mins quicker	Rest	Optional cross training Easy 45-60mins	Rest	30-45min 'fartlek' walk using landmarks	4-4.5hr walk with the final 60-90mins to include brisk up hill efforts	<input type="checkbox"/>	😊 😐 😞
10	Core and optional easy walk 30-60mins	40min walk to include 4 x 5min brisk effort, 90s easy recovery	Rest	Easy 40min cross training	Rest	Easy 30-40min walk	All easy 2hrs	<input type="checkbox"/>	😊 😐 😞
11	Core and optional easy walk 30-60mins	50min 'out and back' walk – walk out for 25mins, turn and get back to the start 2-3mins quicker	Rest	Optional cross training Easy 45-60mins	Rest	45-60min 'fartlek' walk using landmarks	25km off road walk with 3 x 3km at a brisk effort over a undulating route	<input type="checkbox"/>	😊 😐 😞
12	Core and optional easy walk 30-60mins	50min 'out and back' walk – walk out for 25mins, turn and get back to the start 2-3mins quicker	Rest	Optional cross training Easy 45-60mins	Rest	60min 'fartlek' walk using landmarks over a hilly route	Easy 5-6hr walk	<input type="checkbox"/>	😊 😐 😞
13	Core and optional easy walk 30mins	45-60min with the final 25mins at a brisk effort over and undulating route	Rest	Optional cross training Easy 45-60mins	Rest	60min 'fartlek' walk using landmarks	30-32km off road walk with the final 10km to include brisk hills	<input type="checkbox"/>	😊 😐 😞
14	Core and optional easy walk 30-60mins	45-60min with the final 25mins at a brisk effort over and undulating route	Rest	Optional cross training Easy 45-60mins	Rest	45min 'fartlek' walk using landmarks	2.5hr walk off road with the final 60mins at a brisk effort over hills	<input type="checkbox"/>	😊 😐 😞
15	Core and optional easy walk 30-60mins	40min walk to include 5 x 5min brisk effort, 90s easy recovery	Rest	Optional cross training Easy 30-45mins	Rest	30min 'fartlek' walk using landmarks	Easy 90mins relaxed walk	<input type="checkbox"/>	😊 😐 😞
16	Core and optional easy walk 30mins	30-40min walk to include 3 x 5min brisk effort, 90s easy recovery	Rest	15-20mins easy walk	Rest	3 Peaks Challenge! 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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