

# ENDURANCE TREK TRAINING GUIDE

for challenges graded within  
the Orange and Red range



This 16-week guide assumes your starting fitness level will allow you to progress steadily. Be honest with yourself regarding your current level of fitness and allow more time if you require more gradual progression. You may find that you need to allow up to 6 months to prepare for this challenge.

**DISCOVER**  
*Adventure*

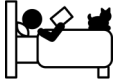






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# TRAINING DIARY

## WEEK 1 | Building up gently

### KEY FOCUS

1. Ensure you have good quality, worn-in walking shoes or boots
2. Think about foot motion
3. Start with a committed approach

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
DISTANCE/TIME	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	FLEXIBLE	OUTDOOR
SESSION DETAIL	<p>Everybody hates Mondays - we have therefore built this in as a <b>rest day!</b></p> <p>Rest days need to be built into your training week as this is when we <b>recover</b> and build muscle.</p>	<p>Aim to walk this in an hour. If it seems too much don't over-do it. Try to walk <b>briskly</b> and <b>purposefully</b> - this is not an amble around the shops.</p>	<p><b>Use this day to slot other sessions into</b> if needed due to family or work commitments.</p> <p>This flexible day has been built in for you to adjust things around, if work or family commitments require you to make changes to this schedule. Ensure your rest days are not consecutive: they are there to break up your exercise days.</p>	<p>If outside, aim for an hour's purposeful walk again.</p> <p>If you like the <b>gym</b>, build that into this session. In terms of fitness, you can achieve more in an hour's gym work-out than on a walk, but walking <b>outdoors</b> provides better <b>preparation</b> in so many other ways.</p>	<p>Choose an activity to raise your pulse, but nothing too <b>strenuous!</b></p> <p>An hour's swim or cycle will achieve this, or a yoga or pilates class, or tennis or squash ... it doesn't always have to be the same activity.</p>	<p>Check the weekend <b>weather forecast</b>. Plan your walk on the day with the best weather.</p>	<p>There is no better training than walking outdoors, on a variety of terrain, in the kit you will need on the day - especially your <b>walking shoes</b> and <b>day-sack</b>.</p> <p>If the terrain is fairly flat, aim for around <b>2 hours</b>. If it's <b>hilly</b>, it will probably take you longer.</p> <p>Make a note of your route and how long it took you, to help track your progress.</p>
TIPS & TRICKS	<p><b>Tip</b> - you will need <b>good quality waterproof walking boots</b> or <b>shoes</b>. They should have a stiff <b>heel counter</b> to give lateral support and walking stability. Walking boots are <b>strongly recommended</b> for long-distance endurance events as you will be grateful for the <b>ankle support</b> when you are <b>very fatigued</b>.</p> <p>If you have had a pair for a while, check the <b>sole pattern</b> still has plenty of grip.</p> <p><a href="#">For a brief overview on trekking footwear, watch our online video</a></p>	<p><b>Trick</b> - If you have new footwear, they will need to be <b>worn in</b>. Wear them around the house, at work, etc., before tackling longer trips. Once they have conformed to the shape of your feet you are less likely to get <b>blisters</b>.</p> <p><b>Tip</b> - The beauty of training for this endurance challenge is that you can get out and walk <b>anywhere</b>. Fit in a brisk walk before or after work, or during your lunch-break. Pavements, tracks, round the park ... it doesn't matter, but make the most of your time.</p>		<p><b>Tip</b> - Time in the gym, especially on the <b>treadmill</b> or <b>stair climber</b>, is useful for building fitness and core strength. A gym instructor should be able to show you exercises to help you specifically for trekking.</p>	<p><b>Tip</b> - Choose exercise that interests and motivates you, as you are more likely to <b>stick to it</b>.</p> <p><b>Trick</b> - build some time in to do some <b>stretches</b> - as we increase the amount of exercise we are doing, stretching will help prevent injuries.</p>	<p><b>Tip</b> - Plan tomorrow's walk and <b>pack your kit</b>. If your day-sack is ready the night before it'll help motivate you to get out the door.</p> <p>Carry what you need, but don't overdo it. Extra <b>weight</b> puts strain on feet and knees, so build up gradually.</p>	<p><b>Walking technique: foot motion.</b> Touch the ground with your <b>heel first</b>, <b>roll forward</b> through the arch, over the ball of your foot to your <b>toes</b>, which push off to start another step.</p> <p>This reduces the risk of <b>shin splints</b> and tendon pulls, and other stresses caused by <b>pounding</b> or walking <b>flat-footed</b>.</p>

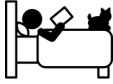








# TRAINING DIARY

## WEEK 2 | Preparing your kit

### KEY FOCUS

1. Establish a routine that works for you
2. Find a cross-training exercise that suits you
3. Wear your day-sack when walking

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	FLEXIBLE	OUTDOOR
DISTANCE/TIME	-	1 hour (3–4 miles)	-	1 hour	1 hour	-	1-2 hours (4-6 miles)
SESSION DETAIL	<p>Recover and feel smug having completed your first week's training!</p> <p>Avoid changing this rest day as it has been built in to allow your body time to adapt to the training.</p>	<p>Keep aiming to do this session outside where possible, and try to walk a little faster or further than last week.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>An hour's purposeful walk, or fitness training in the gym.</p> <p>Keep a track of your progress - you will soon see improvements.</p>	<p>Get out there and do something again today, either before work, at lunch time or after work. Aim to <b>raise your pulse</b> but not get massively sweaty!</p>	<p>Check the weekend <b>weather forecast</b>. Walk on the day with the best weather.</p>	<p>Time for your second big walk. Try to avoid doing the same route over and over again as it will be hard to motivate yourself week after week.</p> <p>Aim for around <b>6 miles</b>, depending on the terrain.</p> <p>Make a note of how long it takes you and compare it to last week.</p>
TIPS & TRICKS	<p>Many people on our treks use <b>trekking poles</b>, which considerably reduce impact on your <b>knees</b>, especially when you are tired. They are also useful if you are unsteady on uneven ground, especially when it's <b>steep</b>. If you are thinking of doing so, now is the time to start getting used to them.</p> <p><a href="#">Watch our online video for advice on walking with trekking poles</a></p>	<p><b>Tip:</b> If you travel by public transport, get off a stop or two early to increase your walking distance. If you drive, park further away, or walk a longer route. Small changes make a big difference, and <b>pre-work walking</b> gives you a sense of achievement before the day has even started!</p> <p><b>Tip:</b> If fitting an hour's walk into a work day is still tricky sometimes, it's better to split it into two brisk half-hour walks than miss it altogether.</p>		<p><b>Reflect</b> on the kit you need with you out on a hike. Make sure you are <b>prepared</b> for all that the British weather can throw at you.</p> <p><b>Tip:</b> On your challenge, you will carry a day-sack with everything you need. It is good practice to simulate this when training, so you are used to walking with the weight.</p> <p><b>Trick</b>—Get used to packing your day-sack the same way each time, so you can find things quickly.</p> <p><a href="#">For advice on what to look for in a day-sack, see our online video</a></p>	<p><b>Tip</b> - Why not try yoga or pilates - great for <b>core strength</b> and <b>flexibility</b>! If you find you are unsteady on uneven ground, yoga and pilates can improve <b>balance</b> and <b>posture</b>.</p>	<p><b>Tip</b> - Ensure your shoes or boots are clean and ready to go. <b>Cleaning your boots</b> after a walk ensures their continued technical performance, and helps to increase their lifespan. So if they get muddy, simply use some warm water and a fairly stiff brush, though be gentle with more delicate uppers.</p> <p>Don't get them so wet they risk losing their shape. Thick mud can be easier to remove when dry.</p>	<p><b>Trouble-spotting</b> - If the arch of your foot <b>aches</b>, it can be caused by pounding when you walk. Make sure you touch the ground with your <b>heel first</b>, and push off with your toes. Arch supports may help. Landing too heavily on the heel can cause <b>bruised heels</b>. Ensure the <b>cushioning</b> in your boots is adequate. Bear in mind that walking on tarmac surfaces is tougher on your feet than grass and dirt paths</p>

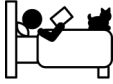








# TRAINING DIARY

## WEEK 3 | Hills and steps

### KEY FOCUS

1. Vary your walking terrain
2. Build hills into your training
3. Thinking about your diet

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
DISTANCE/TIME	-	1-1.5 hours (3-5 miles)	-	1 hour	1 hour	2 hours (6 miles)	2 hours (6 miles)
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	<p>Try to vary your terrain; eg, if you have been walking on paved paths, find some dirt, grass or stony tracks.</p> <p>Try to incorporate at least five minutes of uphill walking or steps.</p>	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your <b>aerobic endurance</b> .	Continue to train with the kit you will take on the day, including your day-sack.	<p>Today is about <b>hills</b> – hopefully you'll have some hilly ground nearby.</p> <p>Different <b>hill gradients</b> are useful for training. You don't have to aim for the steepest; long, gentle hills are good for building <b>stamina</b>.</p>
TIPS & TRICKS	<p><b>Tip</b> - If your footwear isn't <b>waterproof</b>, treat it before for your next walk. Outdoor shops sell a range of spray and wax, depending on the type of boot. Wet feet increase the risk of <b>blisters</b>.</p> <p><b>Trick</b>—If walking shoes or boots get <b>wet</b> on a walk, stuff them with screwed-up <b>newspaper</b> and replace every couple of hours. Best to let them dry naturally, not near a heat source.</p>	<p><b>Tip</b> – Even if your main trek is on fairly flat terrain, training on hills builds <b>fitness and stamina</b>.</p> <p><b>Trick</b> - Find a steep <b>hill</b>, or <b>steps</b> (eg several floors of a department store/office block) and walk up and down several times as part of your hour's walk.</p>		<p><b>Tip</b> - If you are outdoors, try not to repeat your Tuesday session. Keeping it fresh and interesting aids <b>motivation</b>.</p>	<p><b>Tip</b> - Try finding an activity you enjoy and use it as a reason to try new things.</p> <p><b>Trick</b> – You may be able to fit this session into a <b>lunch-time</b>, be it a class, a cycle or a jog.</p>	<p><b>Tip</b>—Try to maintain a good <b>diet</b> as you train. Regular walking inevitably helps with <b>weight loss</b> so there's no need to embark on a strict diet. Just don't undo your training efforts with bad nutrition!</p> <p>When you're finding the going tough, you'll inevitably wish you were carrying less. Losing body weight has many positive knock-on effects - and you'll miss it far less than the contents of your day-sack!</p>	<p><b>Trouble-spotting—shin pain.</b> Often known as shin splints, aching shins are common for new walkers, or when you increase speed or distance.</p> <p>Walk at a slower pace at the start as a warm-up, and stretch your shins and calves before and after walking. Think about your <b>foot motion</b>—it should <b>roll</b>, not <b>pound</b>. Inflexible soles can have an impact, as can old boots, where the <b>cushioning</b> is less effective.</p>










# TRAINING DIARY

## WEEK 4 | Rest week – with a walk

### KEY FOCUS

1. Rest, Relax and Recover
2. Think about your walking posture
3. Find some walking buddies

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	REST	REST	REST	CROSS	FLEXIBLE	OUTDOOR
DISTANCE/TIME	-	-	-	-	1 hour	-	3 hours (9 miles)
SESSION DETAIL	Hooray – your first rest week! Well done, you've earned it.				So even on rest weeks we do <b>some exercise</b> – we have kept this slot here as you might well have found a <b>club or class</b> you want to keep going to.		We don't want to take things too easy so keep up this weekend walk.  This is your 4 <sup>th</sup> long walk so <b>choose your favourite</b> if you have done 3 different ones. If you have done the same walk each week, find a new route.
TIPS & TRICKS	<b>Tip</b> – If you feel you really, really need this rest because you are struggling with <b>blisters</b> or other <b>foot pain</b> , try seeking expert advice at a specialist outdoors shop.		<b>Tip</b> – If you are <b>eager to keep walking</b> and feel this training is too easy – we will be ramping things up a little next week.  Still not satisfied? Go for an hour's walk as normal.		<b>Tip</b> – Time passes quicker with a <b>friend</b> to walk with! You could also see if there's a local <b>walking group</b> you could join, or use your challenge Facebook group page to compare training tips, or see if anyone on your trip lives near enough to meet for a walk.		<b>Walking technique</b> – A good <b>posture</b> goes a long way when trekking. Walk <b>tall</b> and <b>straight</b> - imagine a string passing up through your spine and out of the top of your head. Think 'suck in your gut, tuck in your butt!' Shoulders and back should be <b>relaxed</b> , not rigid. Bad posture exacerbates aches and pains, while a good walking posture helps relieve them.  Don't <b>lean</b> forward or back when you walk. Arching your lower back can create real <b>discomfort</b> over long distances.










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# TRAINING DIARY

## WEEK 5 | More posture, nutrition and hydration

### KEY FOCUS

1. Think about nutrition and water
2. Consecutive days of walking
3. Be aware of your head and neck posture

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
DISTANCE/TIME	-	1-1.5 hours (3-5 miles)	-	1 hour	1 hour	1-1.5 hours (3-5 miles)	3 hours (8-10 miles)
SESSION DETAIL	Look at the adjusted times in the time row – we have stepped things up a little this week, and introduced consecutive days of walking.	Ensure you continue to walk briskly to maximise this hour.  Continue to incorporate at least five minutes of strenuous uphill walking or steps.	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your <b>aerobic endurance</b> .	Check the weekend <b>weather forecast</b> . Plan your long walk on the day with best weather.  On your walks you should be wearing the boots and day-sack you will take on your main trip, and using poles if you have chosen to.	If you find this harder than usual after yesterday's walk, aim for 2-2.5 hours but include some <b>hills</b> . Three is better, especially if hilly.  Walking on <b>consecutive</b> days helps to build fitness and <b>stamina</b> .
TIPS & TRICKS	<b>Tip</b> - Well-fitting boots and dry feet are the best way to <b>avoid blisters</b> . You should also try to prevent getting <b>grit</b> or <b>sand</b> in your socks, as it will rub. Shake out socks and boots regularly.  <b>Trick</b> - If your feet get hot, cover them in <b>talcum powder</b> before putting on your socks. It keeps them <b>dry</b> and helps prevent athlete's foot, and also acts as a <b>lubricant</b> between skin and sock. Vaseline also works well to reduce friction, but is best avoided on sandy or gritty terrain.	<b>Tip</b> – Try to maintain your <b>posture</b> when walking up and downhill too!		<b>Tip</b> – <b>Nutrition</b> can be key to a good training session. Fuelling your body well with <b>carbohydrates</b> and <b>protein</b> a day or two before your longer hikes will help ensure you have enough energy.  Ensuring you are <b>well-hydrated</b> before a long walk should also start a day or two before. Being well-hydrated aids <b>energy</b> , <b>concentration</b> and <b>recovery</b> , and your muscles are less likely to <b>cramp</b> .	<b>Tip</b> – Remember to keep <b>stretching</b> after all of your exercise sessions. Don't stretch cold muscles though!	<b>Tip</b> – Get a <b>snack</b> ready for longer walks to give you an energy boost. <b>Flapjack</b> and <b>dried fruit and nuts</b> are good – <b>jelly babies</b> also work well if you are running low on energy!  Don't forget to <b>drink!</b> In typical British weather, aim to drink <b>every 15-20 minutes</b> – obviously you'll need more if it's hot.  As a general rule, you should drink a litre of water every 2 hours - more if it's hot.	<b>Walking technique</b> - Think about your <b>head and neck posture</b> . Walk with your <b>head up</b> and eyes focused about 4-6m (15-20 feet) ahead, chin parallel to the ground. Looking down at the ground for prolonged periods <b>strains</b> the neck and shoulders, as does craning your neck.












# TRAINING DIARY

## WEEK 6 | Terrain and more technique

### KEY FOCUS

1. Plan varied terrain into your walks
2. Test out different sock combinations
3. Blister care

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
DISTANCE/TIME	-	1-1.5 hours (3-5 miles)	-	1 hour	1 hour	3 hours (9 miles)	3 hours (9 miles)
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this hour.  Increase the amount of uphill walking / steps to ten minutes	<b>Use this day to slot other sessions into</b> if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your <b>aerobic endurance</b> .	Try to increase the length of this walk, but <b>don't over-do it</b> .	Include a <b>variety</b> of terrain where possible. Rocky paths, narrow rutted tracks, loose sand, wet mud .... walking in different conditions uses different muscles and prepares you more thoroughly, as well as boosting your capabilities and confidence.
TIPS & TRICKS	<a href="#">For advice on hydration on our trips, watch our online video</a>	<b>Trick</b> – Staying <b>hydrated</b> is vital when long-distance trekking.  Drinking on the move by using a <b>hydration bladder</b> (eg platypus) helps you to maintain an even, steady pace. Having to stop to access your water-bottle each time is more hassle (and therefore you won't bother to drink as often), while trying to catch up with your walking buddies each time uses up energy - or you'll simply drop behind, which can be de-motivating.	<b>Tip</b> – Now that we're on consecutive days of walking, test out your <b>socks</b> to gain the perfect fit in different conditions.  <b>Trick</b> —Experiment with different <b>sock thicknesses</b> —some people swear by thin liner socks inside walking socks to reduce friction, others prefer one thick pair. In <b>hot</b> conditions your feet will probably react differently, so get to know what suits your feet best.  Ensure your socks <b>wick moisture</b> away from your feet - wet socks are a high blister risk.		<b>Tip</b> - Try finding an activity you enjoy and use it as a reason to try new things.	<b>Tip</b> - A <b>hot-spot</b> on your foot is a warning that a blister is forming. <b>Stop straightaway</b> , and cover the spot with <b>zinc oxide tape</b> and/or dressings. Changing into a fresh pair of socks can help too.  Compeed works well for blister recovery <b>if you are not trekking again for a while</b> , but is not effective (and can make it worse) if you need to keep walking.	<b>Walking technique</b> - Let your <b>arms swing</b> naturally when you walk, though not too high. <b>Bend your arms</b> at the elbows. On long walks, straight arms can lead to <b>swelling</b> or <b>numbness</b> in hands and fingers. Keep your hands in a relaxed curl, not clenched.  Bending your arms when walking also helps to increase your pace, and typically burns 5-10% more <b>calories</b> .










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# TRAINING DIARY

## WEEK 7 | Embrace different weather conditions

### KEY FOCUS

1. Walk in all weather conditions
2. Think about your stride
3. Find good views to motivate yourself

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
DISTANCE/TIME	-	1-1.5 hours (3-5 miles)	-	1 hour	1 hour	2-2.5 hours (6 miles)	4 hours (12 miles)
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this hour.  Continue to include ten minutes of uphill walking / steps	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your <b>aerobic endurance</b> .	On a typical endurance trek you can expect to walk for around 20 hours, with check-points roughly every two hours. This is therefore a great benchmark distance. This will help you <b>visualise</b> what's to come.  When the going gets tough on your big event, <b>picture these training walks</b> as what you have to do between each break!	Aim for four hours if you can, and keep varying the terrain and length / severity of gradient.
TIPS & TRICKS		<b>Tip</b> – You should be used to walking with your <b>day-sack</b> now. Start to increase the amount you carry so that you are used to carrying the items you'll need on the day.	<b>Tip</b> – When you have hills you have views, and they <b>motivate</b> us to keep going! Reward yourself by planning in some <b>fantastic vistas</b> for this weekend.		<b>Tip</b> - Try finding an activity you enjoy and use it as a reason to try new things.	<b>Tip</b> - It helps enormously if you have experience of walking in <b>heat, cold, rain</b> and <b>strong wind</b> .  It's vital that you have <b>confidence</b> in your clothing and kit (e.g. if it is <b>waterproof</b> , or <b>wicks</b> well) - and have time to rectify it if it isn't up to scratch.	<b>Walking technique</b> - To improve <b>stride</b> try to use your core muscles, rather than leading with the foot. Remember to place the <b>heel down first</b> and roll through. Pushing off with the toes of your rear foot gives your pace more <b>power</b> . Don't <b>over-stride</b> with your forward foot, as that can put stress on joints and cause shin pain.  As hip flexibility increases, your walking stride will naturally lengthen. Don't try to force this, it will come naturally.












# TRAINING DIARY

## WEEK 8 | Rest week – with a walk

### KEY FOCUS

1. Rest, Relax and Recover
2. Pick your favourite walk

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	REST	REST	REST	CROSS	FLEXIBLE	OUTDOOR
DISTANCE/TIME	-	-	-	-	1 hour	-	4 hours (12 miles)
SESSION DETAIL	Hooray – your second rest week! Well done, you've earned it.				So even on rest weeks we do <b>some exercise</b> – we have kept this slot here as you might well have found a <b>club or class</b> you want to keep going to.		We don't want to take things too easy so keep up your longer week-end walk.  This is your 8 <sup>th</sup> weekend, so <b>choose your favourite route</b> .  <b>Enjoy</b> yourself – you've been training for eight weeks on this routine. Hopefully you've found a <b>love for walking</b> .
TIPS & TRICKS	<p><b>Tip</b> – If you are <b>eager to get back walking</b> and feel this training is too easy – we will be ramping things up more next week.</p> <p>Still not satisfied? Go for an hour's walk as normal.</p>				Ensure you <b>keep stretching</b> !		<p><b>Tip</b>—Aim to be walking an <b>average pace</b> of around <b>3mph</b> on fairly flat terrain (allow extra for short rests). If you can sustain that pace and could happily have walked for <b>longer</b>, your training is on track!</p>










# TRAINING DIARY

## WEEK 9 | Building up consecutive distances

### KEY FOCUS

1. Walking pace on longer distances
2. Visualise check-point distance
3. Alternative ways to lace your boots

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
DISTANCE/TIME	-	1-1.5 hours (3-5 miles)	-	1 hour	1 hour	4 hours (12miles)	4 hours (12 miles)
SESSION DETAIL	We are stepping things up, increasing distance and walking over consecutive days to help build stamina.	Ensure you continue to walk briskly to maximise this walk.  Increase the amount of uphill walking / steps to fifteen minutes  If you want to <b>extend</b> this session then do so. <b>Don't over-do it</b> though!	<b>Use this day to slot other sessions into</b> if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your <b>aerobic endurance</b> .  Don't worry about the <b>weather</b> this weekend. On your main event you'll be out in all weathers, so continue to embrace it!	Continue to vary the terrain and length / severity of <b>gradient</b> .	Now you are walking for a longer distance, remember your <b>posture</b> and all the <b>walking techniques</b> you have learned.
TIPS & TRICKS	If your challenge route is hilly, you will need to have the stamina to continue uphill, and downhill (which often requires more concentration), when you are tired.  It's harder to train for hills if you don't live in a hilly area, so we recommend planning a weekend or two away if need be.	<b>Tip</b> - To maximise this session, introduce more <b>uphill</b> into your hour, or spend more time walking up and down flights of <b>steps</b> .			<b>Tip</b> - Try finding an activity you enjoy and use it as a reason to try new things.	<b>Tip</b> – If you think six hours tomorrow will test you, make your short walk a hilly one, and enjoy a flattish longer walk.  <b>Tip</b> - Remember to take plenty of healthy <b>snacks</b> on your longer walks to keep your <b>energy levels</b> topped up, and take a few short rests.	<b>Trouble-spotting - blackened toenails</b> are caused by the big toe hitting the front of your boot. Keep your toenails neatly trimmed. If one of your feet is slightly larger than the other (as most are), ensure your boots fit the larger one.  If your heels <b>slide</b> in your boots, especially when walking downhill, try lacing your boots to <b>avoid heel slippage</b> . There are various ways to lace boots to prevent foot problems or improve fit - <a href="#">See Cotswold Outdoor's guide for boot fit and lacing techniques</a>










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# TRAINING DIARY

## WEEK 10 | Walking for a full day

### KEY FOCUS

1. Ensure your day-sack fits you properly
2. Be prepared and walk safely
3. Maintaining a positive mind-set

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
DISTANCE/TIME	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
	-	1-2 hours (4-6 miles)	-	1 hour	1 hour	4 hours (12 miles)	6 hours (16-18 miles)
TIPS & TRICKS	Keep up the Monday kick-back and prepare for the week ahead.	<p>Ensure you continue to walk briskly to maximise this walk.</p> <p>Continue to include fifteen minutes of uphill walking / steps, and lengthen the session if you can.</p> <p><b>Tip</b> - You should now be carrying all the gear you will need, so take time to ensure your <b>day-sack</b> fits properly. Use the adjustable straps to ensure the weight is sitting on your <b>hips</b>, not dragging at your shoulders or back. See <a href="#">our video for a reminder</a>.</p>	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	<p>This may not feel like much but this session really helps build your <b>aerobic endurance</b>.</p> <p>You are progressing nicely through your training plan – if you want to <b>extend</b> this session then do so. <b>Don't over-do it</b> though!</p>	<p>Continue to vary the terrain and length / severity of gradient.</p> <p>If you're striking out into real hill-country, think about <b>basic safety</b>. Make sure you have a good OS <b>map</b> (don't just rely on GPS), <b>phone</b> and <b>first aid kit</b> in addition to your spare clothing, snacks and water. Check the weather forecast, and ensure that someone knows your route and when you expect to be back, especially when walking alone.</p> <p>Some terrain is more <b>hazardous</b> than others (eg mountains, moors) so do not <b>overestimate</b> your experience. If in any doubt, stick to areas that are less remote, with good mobile phone signal.</p>	<p>We are coming closer now to walking for a <b>full day</b>.</p> <p>If you feel this is really challenging, choose flatter terrain for these longer walks. If you are keen to step up the challenge, plan in some rewarding hills.</p> <p><b>Tip</b> – You will be <b>amazed</b> how <b>powerful your mind</b> is. A strong mental approach can get you to the end of each day, even when your body wants to give up! <b>Break the day down</b> into small chunks and don't dwell on the bigger picture.</p> <p><b>Trick</b> – Remember to <b>enjoy</b> your walk. It's not a race – it's a <b>journey</b> through a <b>beautiful</b> part of the world that is meant to take all day!</p>










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# TRAINING DIARY

## WEEKS 11-12 | Hills and challenging weather

### KEY FOCUS

1. Try to match terrain to your main trip
2. Walk in different weather conditions
3. Maintaining a good uphill pace

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
DISTANCE/TIME	-	1-2 hours (3-6 miles)	-	1 hour	1 hour	5-6 hours (15-18 miles)	5-6 hours (15-18 miles)
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this walk.  Continue to include fifteen minutes of uphill walking / steps, and lengthen the session if you can.	Use this day to slot other sessions into if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your <b>aerobic endurance</b> .	Continue to vary the terrain and length / severity of gradient.	Try to match the <b>terrain</b> of your main trip as closely as you can, in terms of <b>hills</b> and the type of <b>conditions underfoot</b> .  This isn't always possible, but by giving yourself breadth of experience you test your kit and stamina effectively.
TIPS & TRICKS	Consolidate your fitness by repeating this week again on <b>Week 12</b> . Aim for a 6 hour walk on both days of the weekend for Week 12, so that you build your endurance walking long distances on consecutive days.				Tip – ensure you <b>keep stretching</b> !	Tip - When walking uphill or up steps, try to maintain a pace where you can still <b>hold a conversation</b> . Keep your <b>breathing</b> under control. Ease up if you're panting, and take deep breaths through your nose to regain <b>control</b> and increase your <b>oxygen</b> intake.	Tip - Ensure you have tested out the kit you are wearing on the day by exposing it to all likely weathers on your training walks—it's good for your own <b>confidence</b> too.  Unpleasant weather can exacerbate physical and mental <b>fatigue</b> . Try to maintain <b>concentration</b> ; when we are tired we're more likely to trip or stumble. Remember to keep topped up with plenty of <b>snacks</b> and <b>water</b> .










# TRAINING DIARY

WEEKS 13-14 | Ramping it up

## KEY FOCUS

1. Make the most of your two full days walking
2. Boost your confidence
3. Look forward to your challenge weekend

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
DISTANCE/TIME	-	6-8 miles	-	1 hour	1 hour	2-3 hours (6-8 miles)	7-8 hours (20-22 miles)
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this walk.  Continue to include fifteen minutes of uphill walking / steps, and lengthen the session if you can. <b>Don't over-do it</b> though!	<b>Use this day to slot other sessions into</b> if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your <b>aerobic endurance</b> .	Walking on <b>consecutive days</b> might make you ache a bit after one full day's trekking but it's the best way to improve your fitness and stamina!	The faster you move, the better your cardiovascular workout. Try accelerating your arm movements and taking smaller, quicker steps to walk faster. Try to keep an even stride and maintain a steady pace. You can do short intervals of faster walking during a walk to make it more interesting and improve your fitness.
TIPS & TRICKS	<b>Tip</b> - plan your big day of walking so that you really make the most of it. Pick a route you don't know well, to keep your <b>interest</b> and <b>motivation</b> levels high or get away for the weekend - explore a long-distance trail or coastal route.  <i>Consolidate your fitness by repeating this week again on <b>Week 14</b>. Aim for an 8 hour walk on both days of the weekend for Week 12, so that you build your endurance walking long distances on consecutive days.</i>	If you haven't done so already, have a <b>practice packing session</b> for your weekend challenge. Make sure you have organised your kit well.  Our <a href="#">online Challenge Preparation video</a> has useful tips on packing and keeping your kit dry.		<b>Tip</b> - Remember your <b>nutrition</b> in the build-up to a big weekend of walking.	<b>Tip</b> – ensure you <b>keep stretching!</b>	<b>Tip</b> - You should be able to gauge from previous weeks what you will be able to achieve, but don't be <b>over-ambitious</b> with your pace if you aren't sure. This weekend should be <b>enjoyable</b> , and ideally <b>boost</b> your <b>self-confidence</b> , not erode it!	<b>Tip</b> – Walk at least part of it with a <b>friend</b> or local group. Talking helps the miles go by, and this is a long day to spend on your own.  <b>Tip</b> - if you find it hard at times, remember to break the day into <b>chunks</b> , and celebrate the end of each one with a favourite snack! <b>Congratulate</b> yourself and keep reminding yourself how far you've come since Week 1.










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# TRAINING DIARY

## WEEK 15 | Big Distance Weekend

### KEY FOCUS

1. Make the most of your two full days walking
2. Boost your confidence
3. Look forward to your challenge weekend

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	FLEXIBLE	OUTDOOR / GYM	CROSS	OUTDOOR	OUTDOOR
DISTANCE/TIME	-	6-8 miles	-	1 hour	1 hour	8 hours (24 miles)	8 hours (24 miles)
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	Ensure you continue to walk briskly to maximise this walk.  Continue to include fifteen minutes of uphill walking / steps, and lengthen the session if you can. <b>Don't over-do it</b> though!	<b>Use this day to slot other sessions into</b> if needed due to family or work commitments.	An hour's purposeful walk, or fitness training in the gym.	This may not feel like much but this session really helps build your <b>aerobic endurance</b> .	If you've planned it well, you should be looking forward to this weekend! Take plenty of photos and enjoy the views!	This is the longest you should aim to walk in your training. The atmosphere on your main challenge will do the rest for you!  <b>If you have completed this weekend walk with more than one week left prior to your main challenge, continue at this level for the following time and allow yourself a rest week.</b>
TIPS & TRICKS				<b>Tip</b> - Remember your <b>nutrition</b> in the build-up to another big weekend.	<b>Tip</b> – ensure you <b>keep stretching!</b>	<b>Tip</b> - to prevent lower back pain avoid leaning forward and arching your back.	<b>Tip</b> – remember to take short breaks regularly to help remove any lactic acid that can build up in your legs while hiking.






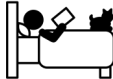





# TRAINING DIARY

## WEEK 16 | Tapering off ... and ready to go!

### KEY FOCUS

1. Rest, Relax and Recover
2. One final short hike
3. Good luck! Stay positive!

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	OUTDOOR	REST	REST	CROSS	-	-
DISTANCE/TIME	-	1-2 hours (4-6 miles)	-	-	1 hour	-	-
SESSION DETAIL	Hooray – your final tapering week! Well done, nearly there!	Enjoy one final short hike before taking part in your <b>challenge!</b>	Rest, Relax and ...	Recover	If you're committed to your <b>club or class</b> feel free to keep going, but do it for enjoyment.  Be <b>calm and confident</b> that you've prepared well!	<b>READY FOR YOUR CHALLENGE...</b>  <b>GOOD LUCK!</b>	
TIPS & TRICKS		<b>GOOD LUCK!!!</b> If you have stuck to this plan you'll be more than fit enough to trek those miles away!	<b>Tip</b> – Use your time to check through your kitlist and ensure you have everything you need.				

