

BEAT THE TRAILS

Ready, steady, go!

To prepare for your trail, you'll need to build your stamina and get those all-important miles under your belt. Follow the activities in this guide to get your body in tip-top condition, so you're able to enjoy yourself on trail day!

What's a cardio/weights session?

Cardio sessions can include running, rowing and brisk walking. Any activity that gets your heart rate up.

If you have access to a gym, alternate your cardio sessions with a weights session, focusing on your legs, back, shoulders, abs and arms. It's important to get advice from a qualified fitness professional before handling weights. They can also suggest a suitable warm-up exercise.

Not a member of a gym? No problem! Head out for some walks with friends in your local area to build your stamina. This is also a great way to test out your walking boots and break them in ahead of your trail.

Top tip: Take your rucksack with you and pack it with your kit (or items of a similar weight) so you're used to carrying it.

Long distance training guide

What's the difference between an easy and a steady paced walk?

An easy pace is more than 20 minutes per mile. This is a comfortable pace for conversation, if you are finding it uncomfortable to walk and talk, your pace is too fast.

For a steady pace you'll be walking less than 20 minutes per mile. This is a more purposeful speed, like you need to be somewhere on time, but not like you're in a rush.

Prefer to create your own training plan?

If you feel confident creating your own training programme, you can use the blank grid below to plan your activities. Remember to focus your plan on walking, cardio and weight resistance. Keep a mix of longer and shorter training walks in your plan.

It's important not to over-exert yourself and have regular rest days. Don't plan anything too strenuous for the week of your event, so your body is well-rested and trail-ready!

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My trail training plan



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	WALK 1 hr easy pace	WALK 1 hr steady pace	REST	CARDIO 30 mins session	REST	WALK 2 hrs easy pace	REST
2	WALK 1 hr easy pace	WALK 1 hr steady pace	REST	CARDIO 30 mins session	REST	WALK 3 hrs easy pace	REST
3	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	CARDIO 45 mins session	REST	WALK 4 hrs easy pace	REST
4	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	CARDIO 1 hr session	REST	WALK 6 hrs easy pace	REST
5	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	CARDIO 1 hr session	REST	WALK 4 hrs easy pace	REST
6	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	CARDIO 1 hr session	REST	WALK 6 hrs easy pace	REST
7	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	CARDIO 1 hr session	REST	WALK 7 hrs easy pace	REST
8	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	CARDIO 1 hr session	REST	WALK 4 hrs easy pace	REST
9	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	CARDIO 1 hr session	REST	WALK 9 hrs easy pace	REST
10	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	WALK 1 hr easy pace	REST	WALK 7 hrs easy pace	REST
11	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	WALK 1 hr easy pace	REST	WALK 5 hrs easy pace	REST
12	WALK 1 hr easy pace	WALK 1 hr 20 mins steady pace	REST	WALK 1 hr easy pace	REST	YOUR TRAIL WEEKEND	

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12						YOUR TRAIL WEEKEND	