



My trek training plan



Marie Curie

Care and support through terminal illness

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

| 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 | EVENT WEEKEND | |



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If you feel confident creating your own training programme, you can use the grid below to plan your activities. Remember, focus your plan on walking, cardio and weight resistance, with a mix of longer and shorter activities. 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 trek-ready!

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Friday |
|------|--------|---------|-----------|----------|--------|----------|---------------|
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| 12 | | | | | | | EVENT WEEKEND |



frequently asked questions



Care and support through terminal illness

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 trek.

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

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, for example if you were chatting to friends as you walk to the shops.

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.

