



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 30 mins easy pace	REST	CARDIO/WEIGHTS 1 hr session	REST	WALK 45 mins easy pace	REST	WALK 1 hr easy pace
2	REST	WALK 45 mins easy pace	REST	WALK 45 mins steady pace	REST	REST	WALK 1 hr 30 mins easy pace
3	REST	WALK 1 hr steady pace	CARDIO/WEIGHTS 1 hr session	REST	WALK 1 hr steady pace	REST	WALK 2 hrs easy pace
4	WALK 30 mins easy pace	REST	CARDIO/WEIGHTS 1 hr session	REST	WALK 20–30 mins steady pace	REST	WALK 2 hrs 30 mins easy pace
5	REST	REST	WALK 30 mins steady pace	REST	WALK 1 hr steady pace	REST	WALK 2 hrs 30 mins easy pace
6	REST	WALK 30 mins steady pace	CARDIO/WEIGHTS 1 hr session	REST	WALK 1 hr 30 mins steady pace	REST	WALK 3 hrs 30 mins easy pace
7	REST	WALK 45 mins easy pace	CARDIO/WEIGHTS 1 hr session	REST	WALK 1 hr 30 mins steady pace	REST	WALK 4 hrs 30 mins easy pace
8	REST	WALK 45 mins easy pace	CARDIO/WEIGHTS 1 hr session	WALK 1 hr steady pace	REST	WALK 4 hrs easy pace	WALK 3 hrs easy pace
9	REST	REST	WALK 45 mins easy pace	REST	WALK 1 hr steady pace	REST	WALK 4 hrs 30 mins easy pace
10	REST	WALK 1 hr 30 mins easy pace	CARDIO/WEIGHTS 1 hr session	REST	REST	WALK 6 hrs easy pace	WALK 4 hrs easy pace
11	REST	REST	WALK 30 mins steady pace	CARDIO 1 hr session	WALK 1 hr steady pace	REST	WALK 4–5 hrs easy pace
12	REST	WALK 30 mins easy 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.

