



Long distance walking plan

Week 1 - Getting started

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk	Walk	Rest	Cross training	Walk	Walk	Walk
Session Details	Walk for 30mins.	Walk for 30mins.		30mins of different exercises.	Walk for 15mins.	Walk for 30mins.	Walk for 30mins.
Focus	Introduction week - keep the pace comfortable.	Easy pace.		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Easy pace.	Easy pace.	Easy pace.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk	Walk	Walk	Rest	Cross training	Walk	Walk
Session Details	Walk for 35mins.	Walk for 35mins.	Walk for 10mins.		30mins of different exercises.	Walk for 35mins.	Walk for 45mins.
Focus	Comfortable pace.	Comfortable pace.	Walk at a pace that leaves you slightly out of breath.		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Comfortable pace.	First long Sunday walk, steady pace.

Week 3 - Building distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Walk	Cross training	Walk	Walk	Rest	Walk
Session Details		Walk for 45mins.	30mins of different exercises.	Walk for 45mins.	Walk for 10mins.		Walk for 60mins.
Focus		Comfortable pace.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Comfortable pace.	Walk at a pace that leaves you slightly out of breath.		Focus on maintaining a steady pace for the whole hour.

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk	Cross training	Rest	Walk	Walk	Rest	Walk
Session Details	Walk for 45mins.	30mins of different exercises.		Walk for 60mins.	Walk for 45mins.		Walk for 90mins.
Focus	Comfortable pace.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		Find an undulating route with lots of little challenges.	Comfortable pace.		Focus on maintaining a steady pace for the whole hour.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Walk	Walk	Cross training	Rest	Walk	Rest
Session Details		Walk for 60mins.	Walk for 15mins.	30mins of different exercises.		Walk for 120mins.	
Focus		Comfortable pace.	Walk at a pace that leaves you slightly out of breath.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		2 hour walk, maintain a comfortable pace and include some hills in the route.	

Week 6 - First back to back weekend

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Cross training	Walk	Rest	Walk	Walk	Walk	Walk
Session Details	30mins of different exercises.	Walk for 60mins.		Walk for 15mins.	Walk for 60mins.	Walk for 60mins.	Walk for 150mins.
Focus	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Include some hills in the route and go off-road to mix it up.		Walk at a pace that leaves you slightly out of breath.	Find an undulating route with lots of little challenges.	Easy pace in preparation for a longer walk tomorrow.	2.5hour session, maintain a comfortable pace.

Week 7 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Walk	Cross training	Walk	Rest	Walk	Walk
Session Details		Walk for 60mins.	30mins of different exercises.	Walk for 60mins.		Walk for 90mins.	Walk for 180mins.
Focus		Include some hills in the route and go off-road to mix it up.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Find an undulating route with lots of little challenges.		Easy pace in preparation for a longer walk tomorrow.	3hour session, take water and snacks to start getting used to carrying a pack.

Week 8 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Walk	Walk	Rest	Cross training	Walk	Walk
Session Details		Walk for 60mins.	Walk for 15mins.		30mins of different exercises.	Walk for 90mins.	Walk for 240mins.
Focus		Include some hills in the route and go off-road to mix it up.	Walk at a pace that leaves you slightly out of breath.		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Easy pace in preparation for a longer walk tomorrow.	Maintain a comfortable pace.

Week 9 - Longer distances

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Cross training	Walk	Rest	Walk	Walk	Walk
Session Details		30mins of different exercises.	Walk for 60mins.		Walk for 60mins.	Walk for 120mins.	Walk for 300mins.
Focus		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Find an undulating route with lots of little challenges.		Include some hills in the route and go off-road to mix it up.	Easy pace.	Longest walk yet! Take water, snacks and any additional kit you plan to carry on event day.

Week 10 - Longer distances

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk	Rest	Cross training	Walk	Walk	Rest	Walk
Session Details	Walk for 30mins.		30mins of different exercises.	Walk for 15mins.	Walk for 60mins.		Walk for 360mins.
Focus	Recovery session after yesterday, take it slow.		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Walk at a pace that leaves you slightly out of breath.	Find an undulating route with lots of little challenges.		Take water, snacks and any additional kit you plan to carry on event day.

Week 11 - Longer distances

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk	Walk	Rest	Cross training	Walk	Rest	Walk
Session Details	Walk for 30mins.	Walk for 60mins.		30mins of different exercises.	Walk for 60mins.		Walk for 420mins.
Focus	Recovery session take it slow.	Include some hills in the route and go off-road to mix it up.		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Find an undulating route with lots of little challenges.		Final long walk, take water, snacks and any additional kit you plan to carry on event day.

Week 12 - Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk	Rest	Cross training	Walk	Rest	Walk	Event day
Session Details	Walk for 30mins.		30mins of different exercises.	Walk for 30mins.		Walk for 15mins.	Today is the day!
Focus	Recovery session take it slow.		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Comfortable pace.		Easy pace in preparation for tomorrow.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!