

TREK TOGETHER

12 WEEK TRAINING PLAN

10 mile / 16km Route

Here is our 12-week training plan for you to work from. Please use this as a guide and let us know if you need any more information or have any questions.

Cross training: any sport/exercise that is different from the 'main sport' i.e for this challenge, you could cycle, swim, pilates - anything that gets your heart rate up and encompasses some different movements.

Ideally you should be carrying a full rucksack on your longer walks, with at least 2L of water with you.

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Session	Walk	Cross Train	Rest/Low impact Day	Walk	Rest/Low impact Day	Walk	Walk
	Duration	30 mins			30 mins		1.5hr	30 mins
	Notes	Your first week. Ease in to the training and prepare for an exciting, but challenging 12 weeks ahead. When times get tough, remember your WHY and how good you'll feel on event day after the right training. Always take a mobile phone and wet weather gear in case you get caught out. Don't forget to stretch. Go and enjoy yourself!						
2	Session	Walk	Cross Train	Stretch Session	Walk	Rest/Low impact Day	Walk	Walk
	Duration	30 mins		15 mins	40 mins		2hr	30 mins
	Notes	Recovery is as important as the training. Try to make sure you are getting adequate sleep, the right nutrition and lots of fluids (non-alcoholic!) so that you make maximum gains out of the hours you are putting in!						
3	Session	Rest/Low impact Day	Cross Train	Stretch Session	Walk	Rest/Low impact Day	Walk	Walk
	Duration			15 mins	50 mins		3hr	30 mins
	Notes	You will notice that the long walks are usually followed on the subsequent day by a shorter walk. This is in order for you to get out again on tired legs, thereby building stamina and mental strength, as well as a little active recovery to keep the blood moving.						
4	Session	Walk	Rest/Low impact Day	Stretch Session	Walk	Rest/Low impact Day	Walk	Rest/Low impact Day
	Duration	30 mins		15 mins	40 mins		2hr	
	Notes	Congratulations are in order! 4 Weeks of training and its time for a slightly easier week to allow for recovery! Make sure your training walks include undulating routes, with hills - the Trek Together challenge is not flat!						

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Session	Walk	Cross Train	Stretch Session	Walk	Rest/Low impact Day	Walk
	Duration	30 mins		15 mins	60 mins		3hr
	Notes	Remember the longer walks are the perfect time for you to test out your equipment. Encourage a friend to walk with you, or your Trek Together Team - sharing the experience will help with motivation and fun!					
6	Session	Walk	Cross Train	Stretch Session	Walk	Rest/Low impact Day	Walk
	Duration	30 mins		15 mins	70 mins		4hr
	Notes	Do you have times on these longer walks when you query why you are doing it? If you hit a mental low it can be down to low glucose levels. Try eating something and this will make things seem a little better!					
7	Session	Rest/Low impact Day	Cross Train	Stretch Session	Walk	Rest/Low impact Day	Walk
	Duration			20 mins	80mins		4hr
	Notes	We are building well. You will feel stronger as each week passes and you have another long one this weekend.					
8	Session	Walk	Cross Train	Stretch Session	Walk	Rest/Low impact Day	Walk
	Duration	30 mins		20 mins	60 mins		2hr
	Notes	An easier week as we ramp up to the biggie next weekend. If there is anything you haven't practiced with yet, do it this weekend so you are ready for the big walk ahead of next week.					
9	Session	Walk	Cross Train	Stretch Session	Walk	Rest/Low impact Day	Rest/Low impact Day
	Duration	30 mins		20 mins	90 mins		5hr
	Notes	The big one! 5 hours on the hills. If possible, find a nice route, with places of interest along the way or somewhere you have always wanted to visit. Try to find a route that incorporates some good hilly sections and a reward at the end! You have done a great deal of work to get you this far and you are ready for this!					

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Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Session	Walk	Cross Train	Stretch Session	Walk	Rest/Low impact Day	Walk	Rest/Low impact Day
	Duration	30 mins		20 mins	90 mins		6hr	
	Notes	The final BIG week of training. You took on 5 hours last week, this week it's 6! This may seem tough at times but it WILL be worth it. The 10mile Trek Together challenge should take you between 3 and 7 hours to complete - bear this in mind on your final big training day.						
11	Session	Rest/Low impact Day	Cross Train	Stretch Session	Walk	Sports Massage	Walk	Walk
	Duration			20 mins	45 mins		2hr	30 mins
	Notes	The taper begins. This is the last time to test anything you are unsure of - equipment or nutrition wise. This week is a lower training load for you to stretch out and recover before event day! Make sure you're fully hydrated and eating well in the lead up to the challenge, you'll be surprised how much of a difference this makes!						
12	Session	Walk	Stretch Session	Sports Massage	Rest/Low impact Day	Walk	EVENT DAY	Recovery
	Duration	30 mins	15 mins			30 mins		
	Notes	Congratulations on finishing the training. The hard work has been done. You will be fitter, stronger and leaner. Ready to the meet the challenge head on! Eat and drink well. All that's left to do is enjoy the Trek Together Challenge! Remember to stretch out on Friday evening, if you're driving/travelling for a long time up to the event. After the challenge, ensure you are celebrating with at least 1 glass of water for every glass of fizz/beer you have, you'll thank yourself on Monday!						

TeamRAW can't wait to support you on challenge day across the beautiful Trek Together route. If you have any questions or would like any further information on this training plan, please do get in touch with the Sands team: teamsands@sands.org.uk

Please ensure you gain advice from a Doctor, Fitness or Health Professional before embarking on a new exercise routine.