

Terrain: Rural  
Distance: 20km  
Ascent: Moderate



adventurecafe  
6 Week Training Plan

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Your training plan is designed to give you some milestones to aim towards in your fitness.

The aim should be to arrive at the start of your event feeling confident and safe in the knowledge that you are physically and mentally ready for the challenge ahead!

We have given you specific training to incorporate into your week that we hope will be manageable. Please do consider a personal trainer if you are very new to physical training.

Make sure you do at least one midweek and one weekend session each week. If you can't build in your interval hill sessions to your walks, get on the step machine in your gym session!

Week	Monday	T	Wednesday	T	F	Saturday or Sunday
1	<b>Gym Session— 30 mins</b> Leg strength exercises working on quads, ham strings, calves & hip adductors. Squats, lunges, calf raises, leg curls, stretch out.		<b>Walk approx. 30 mins (1 mile or 2 km)</b> Evening or lunchtime. Get used to your clothing/gear and route planning.			<b>Walk approx. 1 hour (2.5 miles or 4km)</b> Gentle pace. Be aware of HOW you walk. Shoulders back. Head over shoulders. Lift pelvis up. Push off toes behind you. Use thighs!
2	<b>Walk approx. 40 mins (1.5 miles or 2.5 km)</b> Evening or lunchtime. Incorporate inclines near to you <i>(build in a hill interval session aiming for 50m in 5mins)</i> or go at strong pace if on flat.		<b>Gym Session— 45 mins</b> Leg strength exercises working on quads, ham strings, calves & hip adductors. Treadmill/step machine—MEDIUM pace. Squats, lunges, calf raises, leg curls, stretch out.			<b>Walk approx. 1 hr 50 mins (4.5 miles or 7km)</b> Moderate pace (100-150m ascent) Outdoor Active is a great source of local routes to you. Consider multiple loops if you would prefer to stay closer to home.
3	<b>Gym Session— 45 mins</b> Leg strength exercises working on quads, ham strings, calves & hip adductors. Squats, lunges, calf raises, leg curls, stretch out.		<b>Try something new!</b> Check out our alternatives to gym sessions to mix things up this week. Cross training helps build muscles & stabilise joints			<b>Walk approx. 2 hrs 15 mins (5.5 miles or 9km)</b> Moderate pace ideally taking in 200-250m of ascent.
4	<b>Walk approx. 50 mins (2 miles or 3 km)</b> Evening or lunchtime. Try to incorporate interval hill training <i>(aim for 100m-150m ascent)</i> or make it a good pace if flat.		<b>Gym Session— 45 mins</b> Leg strength exercises working on quads, ham strings, calves & hip adductors. Treadmill/step machine—FAST pace. Squats, lunges, calf raises, leg curls, stretch out.			<b>Walk approx. 3hrs mins (6.5 -7.5 miles or 10-12km)</b> Moderate pace ideally taking in 250-300m ascent. Check out our list of training areas to enjoy a day out further from home!
5	<b>Walk approx. 1 hour (3miles or 5 km)</b> Evening or lunchtime. Try to incorporate some hills or make it at a good pace if on the flat.		<b>Fast Walk 1 hour (3 miles or 5 km)</b> Evening or lunchtime. Time to step up your pace! Don't worry if you can't quite meet this target. We will support you on event			<b>Gym Session— 45 mins</b> Gentle Leg strength exercises working on quads, ham strings, calves & hip adductors. Treadmill/step machine—MEDIUM pace. Squats, lunges, calf raises, leg curls, stretch out.
6	<b>Light walk 30 mins (1 miles or 2km)</b> Time to taper your training in prep for the big event!		<b>Gentle workout</b> Pilates, swim, stretch or a home work out focusing on upper body to give your legs a break!			<b>Challenge Weekend!</b> We wish you the best of luck on your event!

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### Leg Strength Gym Sessions:

It is important you speak to a gym professional for how to do these exercises—get properly inducted on this—as incorrect technique could cause an injury! Not a good way to start your programme!

Typically you will be doing lunges, calf raises, leg curls (hamstrings), squats and similar exercises.

Make sure you start on a light weight, and build up from here. Too heavy and you may end up doing more harm than good!

Exercises to fit into a 45 minute to 1 hour session.

### Alternative Gym Sessions:

Some Gyms & Leisure Centres offer a range of other fitness classes/activities you can try to make your training plan a little more interesting:

- Circuit Training (core/leg/upper strength)
- Zumba (CV & core strength)
- Dance Aerobics (CV & core strength)
- Spinning (CV and leg strength)
- Kenisis Circuit (core strength)

These activities can replace a gym session and offer the chance to train in a group.

### Interval Hill Sessions:

These sessions will give you short sharp bursts of hill work – working both your lungs and the muscles necessary for hill climbing. First you must find a suitable hill that will take around 5 minutes (or possibly more if you have one!). Your sessions are going to involve guess what? Yes, you guessed it – climbing the hill at a good fast rate, followed by recovery, descending, and starting all over again. Try to push yourself hard – but make sure you can complete the workout! Make sure also you don't trip up and fall on your way down the hill! By using an Ordnance Survey Map or Garmin watch you could find out how high your hill is from bottom to top – aim for over 50 metres of ascent in 5 minutes – that's a good pace.

### Good Training Locations:

Box Hill, Leith Hill, Parliament Hill, Epping Forest, Hampstead Heath, Windsor Great Park, Colne Valley Regional Park, Chiltern Hills, Surrey Hills, North Downs, Ridgeway, High Weald, Cotswolds.

### Evening / lunchtime walks:

Here we try to start building some endurance and whilst these are short sessions, if you follow the programme, you will get to where you need to be!

Try and keep your speed up, and don't stop for rests in these short sessions. You want to build up a bit of a sweat / and to cover a reasonable distance!

### Weekend longer distance walks:

These will really help you get used to combining distance & ascent. Make sure you get the hours in and try to increase your usual pace to ensure you can keep up with a group pace.

If you venture out for longer periods of time into the outdoors you should always go prepared no matter how good and benign the conditions look. Always take waterproofs! Always take food & drink! Always let someone know where you're going! Always take extra warm clothing!

### To keep pace within the event timings you should aim to achieve:

- 6.5-7.5 miles (10-12km) on undulating terrain – approx. 2.5hrs
- Ascend approx. 200m-300m on one of your walks
- Walk around 5km (3 miles) per hour
- Ascend 100-150m in 10-20mins on your local incline
- Keep yourself injury free!
- Avoid over training and work within your limits.
- Be confident in your knee strength when walking longer distances than you are used to and on steeper terrain.
- Think about using walking poles. You will need to practice!

### PLEASE TAKE NOTE

During the last stages of training do not risk activities where you could injure yourself (e.g. football). In the week before the event you should taper off training so you have sufficient energy for the challenge.

Get good sleep, eat well, hydrate THE DAY BEFORE, and take it steady in the final run up to the event!