

Terrain: Hill/Mountain  
 Distance: Marathon  
 Ascent: 1350m (High level)



adventurecafe  
 12 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	Sat or Sun
1	<b>Training planning</b> Plan out routes around your area. Try Outdoor Active, Komoot, Garmin watch route design function,, map my run. Prep your clothing, energy snacks and hydration.		<b>Gym Induction— 1 hour</b> Try out a variety of equipment using light weights to work on your quads, hamstrings, calves & hip adductors. Write down works for you and have a good stretch out before and after.		<b>Test Walk</b> <b>(1 or 2km/ 1 or 2 mile loops)</b> Try out a couple of short loops from your home and record the different distances available to you from your Apple/Garmin/Fitbit watch or inbuilt mobile apps.
2	<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. 45 mins</b> <b>(2.5 mile or 4 km)</b> Evening or lunchtime. Make sure your route planning takes in some good undulation		<b>Walk approx. 1 hour 45 m</b> <b>(5 miles or 8km)</b> Gentle pace. Be aware of HOW you walk. Shoulders back. Head over shoulders. Lift pelvis up. Push off toes behind you. Use thighs!
3	<b>Stretching Session 30 mins</b> Take some time to really have a proper stretch out of those legs, back & neck.		<b>Fast Walk 1.5 hours</b> <b>(4.5 miles or 7.5 km)</b> 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 Quads, ham strings, calves & hip adductors. Treadmill/step machine—MEDIUM pace. Squats, lunges, calf raises, leg curls.
4	<b>Walk approx. 1 hr 45 mins</b> <b>(4.5 miles or 7.5 km)</b> Incorporate inclines near to you ( <i>build in a hill interval session aiming for 150m in 15-20mins</i> ) or go at strong pace if on flat		<b>Gym Session— 1 hour</b> Quads, ham strings, calves & hip adductors. Treadmill/step machine—MEDIUM pace. Squats, lunges, calf raises, leg curls, stretch out.		<b>Walk approx. 4 hrs 15 mins</b> <b>(10 miles or 16km)</b> Moderate pace(400-450m ascent) Outdoor Active is great for local routes. Consider multiple loops if you wish to stay closer to home.
5	<b>Stretching Session 30 mins</b> Take some time to really have a proper stretch out of those legs, back & neck. Keeping flexible is very important when training!		<b>Speed Walk (or run)</b> See how far you can get in 15 mins then see if you can beat your time on way back! A great target would be 3km! Go for a run if preferred. (5km in 30m).		<b>Walk - Leisurely Country Stroll</b> Get out and enjoy a more rural area if you can. Go at your own pace and distance and enjoy the views! If you can only make it to your nearest park that's also great!
6	<b>Walk approx. 45 mins</b> <b>(2.5 miles or 4 km)</b> Evening or lunchtime. Try wearing a weighted rucksack!		<b>4 x 20 min loops</b> <b>(use treadmill if preferred)</b> <b>(1.25 mile or 2km loops)</b> Lap 1 – Moderate pace Lap 2 – Fast pace Lap 3 – Moderate pace Lap 4 – Fast pace		<b>Gym Session— 1.5 hours</b> Moderate Leg strength exercises working on quads, ham strings, calves & hip adductors. Treadmill/step machine—MEDIUM pace. Squats, lunges, calf raises, leg curls, stretch out.

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- If you haven't already given some consideration to your nutrition, we highly recommend making some small changes to improve your diet in the run up to the event.
- Carbs are slow burning to keep steady energy going and see if you can cut back on your sugar intake to reduce energy highs and lows.
- Time to cut back on junk food & see where you can add in more nutrition into your diet.
- Whilst on training walks, eat energy snacks little & often and don't forget to keep hydrated!

Week	Monday	T	Wednesday	T	F	Saturday or Sunday
7	<p><b>Walk approx. 30 mins (1 mile or 2 km)</b>            Evening or lunchtime. Include interval hill training if possible.</p>		<p><b>Gym Session— 45 mins</b>            Leg strength exercises working on quads, ham strings, calves &amp; hip adductors. Squats, lunges, calf raises, leg curls, stretch out.</p>			<p><b>Walk approx. 1 hour 45 mins (5 miles or 8km)</b>            Aim to keep rest time down as little as possible now. See if you can do this in one go!</p>
8	<p><b>Gym Session— 45 mins</b>            Leg strength exercises working on quads, ham strings, calves &amp; hip adductors. Squats, lunges, calf raises, leg curls, stretch out.</p>		<p><b>Try something new!</b>            Check out our alternatives to gym sessions to mix things up this week. Cross training helps build muscles &amp; stabilise joints</p>			<p><b>Walk approx. 5.5 hrs (12 miles or 19km)</b>            Moderate pace ideally taking in 550-650m ascent.</p>
9	<p><b>Gentle workout</b>            Pilates, swim, stretch or a home work out.             Take some time this week to assess your nutrition and kit list</p>		<p><b>4 x 20 min loops (use treadmill if preferred) (1.25 mile or 2km loops)</b>            Lap 1 – Moderate pace            Lap 2 – Fast pace            Lap 3 – Moderate pace            Lap 4 – Fast pace</p>			<p><b>Rest Weekend</b></p>
10	<p><b>Walk approx. 1 hr 15 mins (3 miles or 5 km)</b>            Evening or lunchtime. Try to incorporate interval hill training (aim for 150m-200m ascent) or make it a good pace if flat.</p>		<p><b>Gym Session— 45 mins</b>            Leg strength exercises working on quads, ham strings, calves &amp; hip adductors. Treadmill/step machine—FAST pace. Squats, lunges, calf raises, leg curls, stretch out.</p>			<p><b>Walk approx. 6.5 hours (14-16miles or 23-26km)</b>            Moderate pace ideally taking in 650-750m of ascent.            Check out our list of training areas to enjoy a day out further from home!</p>
11	<p><b>Stretching Session 30 mins</b>            After that big walk over the weekend take some time to really have a proper stretch out of those legs, back &amp; neck.</p>		<p><b>Fast Walk 1.5 hours (4.5 miles or 7.5 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</p>			<p><b>Gym Session— 45 mins</b>            Gentle Leg strength exercises working on quads, ham strings, calves &amp; hip adductors.            Treadmill/step machine—MEDIUM pace. Squats, lunges, calf raises, leg curls, stretch out.</p>
12	<p><b>Light walk 30 mins (1 miles or 2km)</b>            Time to taper your training in prep for the big event!</p>		<p><b>Gentle workout</b>            Pilates, swim, stretch or a home work out focusing on upper body to give your legs a break!</p>			<p><b>Challenge Weekend!</b>            We wish you the best of luck on your event!</p>

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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 timings you should aim to achieve:

- 14-16 miles (23-26km) on undulating terrain –approx. 5.5hrs
- Ascend over 650m on one of your walks
- Walk around 5km (3 miles) per hour
- *(Ideally run 3 miles/5km in approx. 30 mins)*
- Ascend 150-200m in 15-25mins 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!