

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core	30-40 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery	Rest	5 mins easy walking + 8 x 2 minute brisk up hill efforts with easy walk back recovery + 5 mins easy walking	Rest	Cross training (run, bike, cross trainer, rowing) – easy 30 minutes	Easy 1hr 45 minutes over a hilly route
2	Core	40 minute walk to include 5 x 4 minutes brisk effort, 90s easy recovery	Rest	5 mins easy walking + 8 x 2 minute brisk up hill efforts with easy walk back recovery + 5 mins easy walking	Rest	Cross training – easy 30 minutes	Easy 2 hours
3	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	8 mins steady walking + 6 x 3 brisk up hill efforts with easy walk back recovery + 8 mins steady walking	Rest	Cross training – easy 30 minutes	Easy 2 hours 15-30 minutes
4	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 8 x 3 minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes ‘threshold’	2 hour 40 minutes with the final 40 minutes at a steady effort
5	Core	30-40 minute walk to include 3 x 4 minutes brisk effort, 2 minute easy effort recovery	Rest	45 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	Cross training – easy 30 minutes	Easy 1hr 45 minute walk
6	Core	60 minute walk to include 6 x 5 minutes brisk effort, 90s easy recovery	Rest	45 minute ‘fartlek’ walk using landmarks	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes ‘threshold’	Easy 3 hour – 3hr 15 minute walk over a hilly route with navigation
7	Core	60 minute walk to include 3 x 10 minutes brisk effort, 120s easy recovery	Rest	45 minute ‘fartlek’ walk using landmarks including hills	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes ‘threshold’	3hrs 30 minutes over a hilly route with navigation

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8	Core	45 minute walk to include 3 x 10 minutes brisk effort, 90s easy recovery	Rest	Cross training - 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30-45 minute 'fartlek' walk using landmarks including hills	4 hour walk with navigation including hills and off road sections
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Core	60-70 minute 'out and back' walk - walk out for 35 minutes, turn and get back to the start 2-3 mins quicker	Rest	Cross training - 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30-45 minute 'fartlek' walk using landmarks including hills	4 hour 30 minutes with navigation including hills and off road sections
10	Core	60-70 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	30 minute easy cross training	Rest	30-40 minute easy walk	Split 3 easy hours walk + 3 hours steady with break for refueling between.
11	Core	40 minute 'out and back' walk - walk out for 20 minutes, turn and get back to the start 2-3 mins quicker	Rest	30 minute easy walk and stretch	Rest	45-60 minute 'fartlek' walk using landmarks	20-30km easy walk
12	Core	60-70 minute 'out and back' walk - walk out for 35 minutes, turn and get back to the start 2-3 mins quicker	Rest	Cross training - 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	90 minute walk over hill terrain pushing a brisk effort up climbs	7-8 hour walk with break every 1.5 hours for fuel and water

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13	Core	70 minutes with the final 40 at a brisk effort	Rest	Cross training - 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	90-120 minute walk over hill terrain pushing a brisk effort up climbs	Full day hike with pack practicing fuelling over hilly and off road terrain aiming to cover 60-70km
14	Core	60 minutes with the final 25 at a brisk effort	Rest	Cross training - 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	75 minute walk over hill terrain pushing a brisk effort up climbs	30km brisk walk
15	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	Cross training - 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30 minute 'fartlek' walk using landmarks including hills	2 hour easy relaxed walk
16	Rest	40 minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery	Rest	30 minute easy walk	Rest	100km walk GOOD LUCK	REST