

Your trek Suggested training plan



Walking feels great, walking for Mind feels even better. As part of our trekking team you'll get to know first-hand just how positive it feels to train and exercise in the great outdoors, while feeling great in the knowledge that your efforts will be helping people with mental health problems get the support they need.

You should start training several months before the event, and if you consider yourself a beginner or social walker, this 16-week training plan can be used as a guideline to help you train. It goes without saying that the more preparation you do beforehand, the more you'll enjoy your challenge experience.

We wish you the best of luck with your training and hope you feel great in the process!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	20 min fast walk/run	30 min fast run / walk	1 hr strength session (squats etc)	Rest	2 hr walk	Rest
Week 2	30 min fast walk/run	1 hr strength session	Rest	40 fast walk/run	Rest	2 hr walk	1 hr walk
Week 3	Rest	30 min interval walking up and down a steep hill 4/5 times	1 hr strength session	50 fast walk/run	Rest	2.5 hr walk	1 hour walk
Week 4	Rest	45 min fast walk/run	40 min interval	Rest	1 hr walk	3 hr walk	Rest
Week 5	Rest	1 hr strength session	45 min fast walk / run	30 fast walk/run	Rest	3 hr walk	1.5 hr walk
Week 6	Rest	30 min interval	1 hr fast walk / run	Rest	30 min fast walk/run	4 hr walk	Rest
Week 7	Rest	50 min interval	40 min fast walk/run	1 hr strength session	Rest	3.5 hr walk	2.5 hr walk
Week 8	Rest	35 min fast walk/run	50 min interval	Rest	1 hr walk	5 hr walk	Rest
Week 9	Rest	50 min fast walk/run	1 hr strength session	40 min fast walk/run	Rest	6 hr walk	Rest
Week 10	Rest	1 hr interval	30 min fast run/walk	1hr strength session	Rest	4 hr walk	4 hr walk
Week 11	Rest	30 min fast walk/run	45 min fast walk/run	1 hr strength session	Rest	7 hr walk	5 hr walk
Week 12	Rest	50 min interval	1 hr strength session	30 min fast walk/run	Rest	10 hr walk	Rest
Week 13	Rest	30 min fast walk/run	1 hr strength session	30 min fast walk/run	Rest	3 hr walk	2 hr walk
Week 14	Rest	30 min fast walk/run	Rest	1 hr strength session	Rest	3 hr walk	1 hr walk
Week 15	Rest	30 min fast walk/run	Rest	1 hr strength session	Rest	2 hr walk	Rest
Week 16	30 min fast walk/run	Rest	30 min walk	rest	30 mind walk	Your event!	