



Challenging Training Plan

TIPS FOR WALKERS

Make sure you have the correct footwear

Walk tall with concentration on your posture i.e. don't slouch,

Start slow, build up pace, maintain ability to hold a conversation

After walking loosen off with spine rotations and shaking out arms and legs then hold calf, hamstring and quad stretches

Have a couple of days rest. Aim to walk/exercise 5 days a week, starting little and often, increasing distance walked and reducing frequency. You are likely to suffer muscle aches, listen to your body, if you are suffering take an extra days rest, if hurting – especially lower back, hips, knees, shins and ankles ice any inflamed areas and if it persists seek medical advise

Pick varied walks taking in up and down hills

Make sure you drink plenty of fluids and if wanting to lose some inches with this increase your protein for muscle recovery i.e chicken, fish, meat & eggs are great sources, also increase your green leafy veg for higher levels of calcium and iron for bones and immune system and drink plenty of water

If you want to support your training with a 'clean eating plan' take a look at the Kick Start Fat Loss 28 Day online detox <http://www.fitness2improve.co.uk/28-Day-Online-Detox/vmchk.html>



This training plan was prepared by Fitness2improve and downloaded from www.breeseadventures.co.uk as an example training plan for one of their challenging level outdoor challenges

Challenging Training Plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Strength/ HIIT Training	Strength/ HIIT Training	Strength/ HIIT Training	Strength/ HIIT Training	Strength/ HIIT Training	Strength/ HIIT Training
Tuesday	Recovery cardio	Recovery cardio	Recovery cardio	Recovery cardio	Recovery cardio	Recovery cardio
Wednesday	1hr Multi	1hr Multi	1hr15 Multi	1hr 15 Multi	1hr 30 Multi	1hr 30 Multi
Thursday	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train
Friday	rest	rest	rest	rest	rest	rest
Saturday	Hike: 2hrs	Hike 2hr	Hike 3hr	Hike 3hr	Hike half day	Hike half day
Sunday	Recovery walk / alternative easy	Recovery walk / alternative easy	Recovery walk / alternative easy	Recovery walk / alternative easy	Recovery walk / alternative easy	Recovery walk / alternative easy
	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Monday	Strength/ HIIT Training	Strength/ HIIT Training	Strength/ HIIT Training	Strength/ HIIT Training	Strength/ HIIT Training	Strength/ HIIT Training
Tuesday	rest	rest	rest	rest	rest	rest
Wednesday	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train
Thursday	1hr 45 Multi	1hr 45 Multi	2hr Multi	2hrMulti	2hr Multi	2hr Multi
Friday	rest	rest	rest	rest	rest	rest
Saturday	Hike half day	Hike ¾ day	Hike ¾ day	Hike ¾ day	Hike – full day	Hike – full day
Sunday	Recovery walk / alternative easy	Recovery walk / alternative easy	Recovery walk / alternative easy	Recovery walk / alternative easy	Recovery walk / alternative easy	Recovery walk / alternative easy



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Challenging Training Plan ideas

Strength/HIIT: Legs focus or full body. Use of weights (dumbbells) Squats, lunges, step ups on 2-3ft high step. Weighted burpees. Squat thrusts, Pressups – Circuit style. 45 secs work, 15 secs rest x 4 for all exercises.

Cross Train: Swimming, cycling or spinning class, circuit style class: bootcamp, crossfit, kettlebells, strength workout at the gym or an 'at home' workout.

Hike: Boots, bag and ensure you have fuel and water to get you through your walk

Multi: choose a route with particularly big hills ascents and descents, off road trails, cross country. Recovery walk: steady slow, easy terrain, casual walk.

Alternative easy: swim, bike, pilates, yoga – stretch class.



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