



## Tough 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](http://www.breeseadventures.co.uk) as an example training plan for one of their Tough level outdoor challenges

## Tough Training Plan

|           | <b>Week 1</b>                    | <b>Week 2</b>                    | <b>Week 3</b>                    | <b>Week 4</b>                    | <b>Week 5</b>                    | <b>Week 6</b>                    |
|-----------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 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 | 2hr Multi                        | 2hr Multi                        | 2hr Multi                        | 2hr Multi                        | 2hr 30 Multi                     | 2hr 30 Multi                     |
| Thursday  | Cross Train                      | Cross Train                      | Cross Train                      | Cross Train                      | Cross Train                      | Cross Train                      |
| Friday    | rest                             | rest                             | rest                             | rest                             | rest                             | rest                             |
| Saturday  | Hike: Full day                   | Hike: Full day                   | Hike: Full day                   | Hike: Full 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 |
|           | <b>Week 7</b>                    | <b>Week 8</b>                    | <b>Week 9</b>                    | <b>Week 10</b>                   | <b>Week 11</b>                   | <b>Week 12</b>                   |
| Monday    | Strength / HIIT Training         | Strength / HIIT Training         | Strength / HIIT Training         | Recovery walk/alternative        | Recovery walk/alternative        | Recovery walk/alternative        |
| Tuesday   | Recovery cardio                  | Recovery cardio                  | Recovery cardio                  | Recovery cardio                  | Recovery cardio                  | Recovery cardio                  |
| Wednesday | 2hr 30 Multi                     | 2hr 30 Multi                     | 3hr Multi                        | 3hr Multi                        | 3hr Multi                        | 3hr Multi                        |
| Thursday  | Cross Train                      | Cross Train                      | Cross Train                      | Cross Train / strength / HIIT    | Cross Train / Strength/ HIIT     | Cross Train /Strength/ HIIT      |
| Friday    | rest                             | rest                             | rest                             | rest                             | rest                             | rest                             |
| Saturday  | Hike: Full day                   | Hike: Full day                   | Hike: Full day                   | Hike: Full day                   | Hike: Full day                   | Hike: Full day                   |
| Sunday    | Recovery walk / alternative easy | Recovery walk / alternative easy | Hike: Full day                   | Hike: Full day                   | Hike: Full day                   | Hike: Full day                   |



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## Tough 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.

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.

Hike: Full Day. Approx 7 – 9hr days. Full kit, bag, boots



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