

# TRAINING PLAN

Walk 42km hilly plan

## WALK 1

## WALK 2

## WALK 3

## WALK 4

### Week 1

30 minutes easy walking on a hilly route

35 minutes easy walking

35 minutes easy walking with 7 x 30 seconds faster walking spread throughout

1 hour easy walking on a hilly route

### Week 2

35 minutes easy walking

30 minutes easy walking taking a few hills

30 minutes easy walking

1 hour 20 minutes easy walking

### Week 3

35 minutes easy walking

5 minutes easy walk warm up. 30 seconds faster walk up hill, easy walk back down, 30 seconds recovery at the bottom x8. 5 minutes easy walk cool down

40 minutes easy walking

3 hours easy walking

### Week 4

30 minutes easy walking

35 minutes easy walking taking a few hills

1 hour easy walking

No 4th walk this week

### Week 5

35 minutes easy walking on a hilly route

35 minutes easy walking

5 minutes easy walk warm up. 1 minute faster walking, 3 minutes easy walking x6

2 hours easy walking

### Week 6

35 minutes easy walking

5 minutes easy walk warm up. 45 seconds faster walk up hill, easy walk back down, 15 seconds recovery at the bottom x8. 5 minutes easy walk cool down

35 minutes easy walking

2 hours 20 minutes easy walking on a hilly route

## WALK 1

## WALK 2

## WALK 3

## WALK 4

### Week 7

40 minutes easy walking

35 minutes easy walking  
taking a few hills

5 minutes easy walk warm  
up. 1 minute faster walking,  
2 minutes easy walking x8 5  
minutes easy walk cool down.

2 hours 40 minutes easy  
walking on a hilly route

### Week 8

35 minutes easy walking

40 minutes easy walking  
taking a few hills

1 hour 15 minutes easy walking

No 4th walk this week

### Week 9

35 minutes easy walking on a  
hilly route

5 minutes easy walk warm  
up. 1 minute faster walk up  
hill, easy walk back down,  
30 seconds recovery at the  
bottom x8. 5 minutes easy  
walk cool down

40 minutes easy walking

3 hours easy walking

### Week 10

40 minutes easy walking

40 minutes easy walking on a  
hilly route

5 minutes easy walk warm  
up. 2 minutes faster walking,  
3 minutes easy walking x6 5  
minutes easy walk cool down.

3 hours 20 minutes easy  
walking on a hilly route

### Week 11

45 minutes easy walking

45 minutes easy walking on a  
hilly route

50 minutes easy walking

3 hours 40 minutes easy  
walking on a hilly route

### Week 12

40 minutes easy walking

35 minutes easy walking  
taking a few hills

1 hour easy walking

No 4th walk this week

## WALK 1

## WALK 2

## WALK 3

## WALK 4

<b>Week 13</b>	40 minutes easy walking on a hilly route	hilly route 5 minutes easy walk warm up. 1 minute faster walk up hill, easy walk back down, 30 seconds recovery at the bottom x10. 5 minutes easy walk cool down	45 minutes easy walking	4 hours easy walking
<b>Week 14</b>	50 minutes easy walking	45 minutes easy walking on a hilly route	5 minutes easy walk warm up. 2 minutes faster walking, 2 minutes easy walking x8. 5 minutes easy walk cool down.	4 hours 20 minutes easy walking on a hilly route
<b>Week 15</b>	45 minutes easy walking on a hilly route	40 minutes was walking	50 minutes easy walking	4 hours 40 minutes easy walking
<b>Week 16</b>	25 minutes easy walking	30 minutes easy walking	1 hour easy walking	No 4th walk this week
<b>Week 17</b>	30 minutes easy walking	35 minutes easy walking	40 minutes easy walking	No 4th walk this week
<b>Week 18</b>	30 minutes easy walking	20 minutes easy walking	<b>Your Walk Event!</b>	No 4th walk this week

This plan starts from a base of being able to walk at a conversational pace for 1 hour, if you aren't at that point yet try weeks 5 to 10 of the of the 5-6km plan first. If you are already walking further then start the plan on the week that best matches your current walking levels.

- **Easy walking** - where you could chat away if you were walking alongside someone, a full sentence on every out breath
- **Faster walking** - where you could only say 2-3 words on an out breath



- Try to have spread your walks out evenly across the week if you can
- If you miss one or two walks in a week, don't worry, just let them go and move on to the next walk
- If you can fit in one or two of the strength sessions each week that will really help your walking!
- Check the weather before each walk and practice wearing the kit and carrying what you'll need to for your event on the longer walks in the plan.
- Your event is hilly, so make sure some of the "hilly" walks take in some good hills!



Training plan provided by

**weRun**