



TRAINING PLAN

Walk 13km hilly plan

WALK 1

WALK 2

WALK 3

Week 1

30 minutes easy walking

25 minutes easy walking

35 minutes easy walking taking in some hills

Week 2

30 minutes easy walking

30 minutes easy walking taking in some hills

45 minutes easy walking

Week 3

35 minutes easy walking

4 minutes easy walking, 1 minute faster walking x6 (30 minutes total)

1 hour easy walking taking in some hills

Week 4

30 minutes easy walking

40 minutes easy walking

No third walk this week - recovery week

Week 5

35 minutes easy walking

5 minutes easy warm up. 1 minute faster walking, 2 minutes easy walking x7. 5 minutes easy walk cool down (31 minutes total)

1 hour 15 minutes easy walking on a hilly route

Week 6

40 minutes easy walking

35 minutes easy walking on a hilly route, faster walking for the final 50 meters up each hill

1 hour 30 minutes easy walking

Week 7

35 minutes easy walking

10 minutes easy walking warm up. 1 minute faster walk up hill, walk easy back down x6. 10 minutes easy walking cool down

1 hour 45 minutes easy walking on a hilly route

Week 8

30 minutes easy walking

45 minutes easy walking

No third walk this week - recovery week

WALK 1

WALK 2

WALK 3

Week 9	45 minutes easy walking	5 minutes easy warm up. 2 minutes faster walking, 2 minutes easy walking x6. 5 minutes easy walk cool down (34 minutes total)	50 minutes easy walking
Week 10	35 minutes easy walking	5 minutes easy warm up. 90 seconds faster walking, 2 minutes 30 seconds easy walking x5. 5 minutes easy walk cool down (30 minutes total)	2 hours easy walking on a hilly route
Week 10	40 minutes easy walking	10 minutes easy walking warm up. 1 minute faster walk up hill, walk easy back down x5. 2 minutes relaxing at the bottom of the hill, then do the 5 up hill walks again! 10 minutes easy walking cool down	2 hours easy walking on a hilly route
Week 11	35 minutes easy walking on a hilly route	30 minutes easy walking	2 hours 30 minutes easy walking on a hilly route
Week 12	30 minutes easy walking	Your Walk Event!	No third walk this week

This plan starts from a base of being able to walk at a conversational pace for 30 minutes, if you aren't at that point yet try the first 5 weeks of the 5-6km plan first.

- **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 train on hilly routes where it suggests in the plan!

Training plan provided by
WeRun