

Top 10 tips for training:

1. **Routine is your friend.** Try and build the training into your routine. We have deliberately avoided too many sessions in a week but try to commit to these sessions where possible.
2. **Go further.** The training plan below can serve as a useful guide and will gradually increase the distance and time you are covering over the weeks. Go gently and don't try to go too far, too early.
3. **Consistency.** Improvement happens when we do the activity repeatedly, but not in a stop/start fashion. Decide how much time is manageable for you on a weekly basis and stick to it.
4. **Rest and relax.** Allow yourself time to recover and let your muscles rebuild.
5. **Find a friend.** Especially as the training sessions get longer it helps to share the experience with a friend or family member.
6. **Go outdoors.** Not a sponsor, but a suggestion to get onto similar terrain to that which you will be covering. Try out undulating terrain, different types of surface and conditions (eg road, track or path).
7. **Comfort is key.** Get used to blisters, chafing, aches and strains. Work out what you need to wear to reduce the likelihood of them occurring and what to take with you to treat them.
8. **Its all in the mind.** Be aware of the sessions that made you stronger. When you went out and walked when you didn't want to, when you carried on and did another 2 miles even though you had blisters. The day you finished your 6 miles in the driving rain. All of these scenarios make you mentally more able to deal with them next time they arise.
9. **Get kitted out.** Don't let the wrong kit be the reason you don't complete this challenge. Work out what you need (we will provide you with a kit list) and make sure you are prepared for any weather.
10. **Talking of weather.** Be prepared for any weather.

Training guidance:

- The training plan is divided into 2 week sections, increasing intensity gently through the sessions and tapering towards the final week
- Try and incorporate “Hill Sessions” ie a continuous period of activity up and down hills of varying lengths
- The times set are a minimum

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Introduction	Walk 30mins	REST	REST	Walk 30mins	REST	Walk 1 Hour	REST
2 Introduction	Walk 30mins	REST	REST	Walk 30mins	REST	Walk 1 Hour	REST
3 Build up	Walk 30mins	Cross Train 45mins	REST	Walk 30mins	REST	Walk 1.5 Hours	REST
4 Build up	Walk 30mins	Cross Train 45mins	REST	Walk 30mins	REST	Walk 1.5 Hours	REST
5 Mid Way Intensity	Walk 45mins	Cross Train 45mins	REST	Walk 45mins	REST	Walk 2 Hours	REST
6 Mid Way Intensity	Walk 45mins	Cross Train 45mins	REST	Walk 45mins	REST	Walk 2 Hours	REST
7 Endurance	Walk 1 Hour	Cross Train 30mins	REST	Walk 1 Hour	REST	Walk 3 Hours	REST
8 Endurance	Walk 1 Hour	Cross Train 30mins	REST	Walk 1 Hour	REST	Walk 4-5 Hours	REST
9 Tapering	Walk 1 Hour	Cross Train 1 Hour	REST	Walk 30mins	REST	Walk 2 Hours	REST
10 Event week	Walk 30mins	REST	REST	Walk 30mins	REST	EVENT	RECOVERY