

YOUR 12 WEEK RACE FOR LIFE 40K HIKE TRAINING PLAN

Training plan created by



	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1 The goal for this week is to set a good routine! Ring fence the training time in your diary and think about when the best time is for you to train.	Rest Familiarise yourself with our Stretching Guide online. It's important to stretch after every walk to help you recover and increase flexibility.	30 min walk <ul style="list-style-type: none"> • 5 min brisk effort • 2 min easy effort recovery • Repeat 3 times 	Rest	Easy walk Wake yourself up ready for the day with a 30–40 min walk before breakfast.	Rest Download the CRUK Active app to track your fundraising and training. You can earn points to save money on big-name brands.	Fit in 5 workout Find this online and aim to complete once a week. Build up slowly to 60 sec of each exercise.	Easy walk Enjoy a Sunday morning stroll for 60–70 min to work up an appetite for your afternoon roast.
WEEK 2 This week has your first hill session. Try to get used to completing some of your walking sessions off road.	Rest	30 min walk <ul style="list-style-type: none"> • 4 min brisk effort • 90 sec easy effort recovery • Repeat 5 times 	Rest	Hill Training <ul style="list-style-type: none"> • 8 min easy warm-up • 8 x 1 min brisk uphill effort with easy walk back • 5 mins easy walk recovery 	Rest Check out the fundraising packs on raceforlife.org and start planning your first bake sale or local quiz!	Fit in 5 workout This workout will help strengthen your core which will be vital in the last few miles of your hike.	Easy walk Go easy for 70–80 min over a hilly route. Take along a flask of tea and stop to appreciate the English countryside.
WEEK 3 This week you might start to notice fatigue building. So the goal is to focus on your recovery as you do your training.	Rest Aim for 8 hours sleep. Not possible? Try to get an extra 15–30 min more than normal every night this week.	40 min walk <ul style="list-style-type: none"> • 5 min brisk effort • 90 sec easy effort recovery • Repeat 5 times 	Rest Ban smart phones and tablets from the bedroom and avoid caffeine or alcohol late at night.	Hill Training <ul style="list-style-type: none"> • 8 min steady walking • 8 x 90 sec brisk uphill efforts with easy walk back recovery • 8 min steady walking 	Rest	Fit in 5 workout	Easy walk Get some family and friends together for a 90–100 min ramble over a hilly route.
WEEK 4 Let's make this week all about healthy eating!	Rest Make sure you are getting a good range of vitamins and minerals to support your body as it gets stronger.	40 min walk <ul style="list-style-type: none"> • 5 min brisk effort • 90 sec easy effort recovery • Repeat 5 times 	Rest	Hill Training <ul style="list-style-type: none"> • 10 min steady walking • 10 x 90 sec brisk uphill efforts with easy walk back recovery • 10 min steady walking 	Rest Check our nutrition advice online for diet tips.	Fit in 5 workout or find a local pilates class!	Easy walk Head out for 1hr 40–50 min over a hilly route.
WEEK 5 You should be well settled in your routine by now. Time for a fundraising push alongside your training!	Rest	20 min walk <ul style="list-style-type: none"> • 4 min brisk effort • 2 min easy effort recovery • Repeat 3 times 	Rest For extra sponsorship host a cheese and wine night for friends. Or make your colleagues tea for a week.	40 min walk <ul style="list-style-type: none"> • Easy warm up • 5 min brisk effort • 90 sec easy effort recovery • Repeat 4 times 	Rest	Rest Only you know your body. If you're feeling up to it try some light core exercises.	Easy walk There's no excuse for not taking 60 min out of your Sunday for an easy walk to de-stress from life's worries.
WEEK 6 Get used to carrying a day pack with extra layers, water and snacks for every 30–40 minutes on your longer walks.	Rest	45 min walk <ul style="list-style-type: none"> • 5 min brisk effort • 90 sec easy effort recovery • Repeat 6 times 	Optional cross-training Cross-training is exercise other than your walking, which will still help you in the long hike. If you have time, try a 30 min swim.	Hill Training <ul style="list-style-type: none"> • 10 min easy warm-up • 3 x 8 min of continuous hills, off road if possible • 2 min recovery between intervals 	Rest Book travel and accommodation for you and your supporters ready for the 6.30am registration on 17th September.	Fit in 5 workout Aim to spend 20–30 min in total on your choice of exercises.	Easy walk Don't worry about distance, just walk for 2hr over a hilly route.

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WEEK 7 Consider looking into a massage soon. It will help you recover and make these last few weeks less painful!	Rest You're past halfway!	45 min 'Speed-play' walk Use landmarks to set goals. Pledge to walk fast to a postbox then ease off for a few mins.	Optional cross training This should work various muscles. But don't tire yourself out before the weekend! It should be easy.	Hill Training <ul style="list-style-type: none"> • 5 min warm-up • 3 x 10 min of continuous hills, off road if possible • 2 min recovery between intervals 	Rest	Fit in 5 workout Feeling stronger? Find time to do this twice during the next week.	Easy walk 2hr 15–30 min over a hilly route. Now the walks are getting longer, try and bring friends weekly to keep you motivated.
WEEK 8 Take some photos while you're out and share them with friends. Then remind people to donate via your JustTextGiving code!	Rest	45 min 'Speed-play' walk You can try this with hills too. Think "I will walk fast to the top and not stop". Then slow down.	Optional cross training Try an aerobics class but don't push too hard. Take it easy. Listen to your body.	Hill Training <ul style="list-style-type: none"> • 50 min walk total • Warm-up • 4 x 8 min of continuous hills, off road if possible • 2 min recovery between intervals 	Rest Make sure you've shared your JustGiving page!	Fit in 5 workout Don't let these slide out of your routine! You'll thanks us in the last few miles on the big day.	Progression Hike Let's step up the pace! 2 hr 45 min with the final 30 min at a steady effort. Remember to keep track of where you're going so you don't get lost.
WEEK 9 Don't let stress get on top of you. Focus on the cause to keep motivated this week. You are hiking to help save lives.	Rest Remember to check your emails. We've been sending you loads of extra tips for fundraising and training, plus important event information.	45 min 'Speed-play' walk Change up your normal route and take note of landmarks you might not have seen in your area before.	Optional cross training Easy 30–40 min continuously.	Hill Training <ul style="list-style-type: none"> • 50 min walk total • 4 x 8 min of continuous hills, off road if possible • 2 min recovery between intervals 	Rest	Fit in 5 workout Try some of the 'progressions' in the workout plan to really push yourself.	Progression Hike 3hr 15 min with the final 45 min at a steady effort to include hills throughout. Take a day pack and get used to carrying supplies.
WEEK 10 You're doing amazing and this is going to be your hardest week of training yet. But there's only 3 more weeks to go!	Rest	45 min 'Speed-play' walk You're a pro at this now. Set goals as you go and power through them!	Optional cross training Easy 30–40 min continuously. If the weather is good – go for a bike ride.	Hill Training <ul style="list-style-type: none"> • 60 min walk total • 4 x 10 min of continuous hills, off road if possible • 2 min recovery between intervals 	Rest You should have received Pack 2! Make sure you read all the essential information and are prepared for event day.	<ul style="list-style-type: none"> • 10–15 min brisk walk • Fit in 5 workout – Find space to do this outside, like your local park, before finishing the walk. • 10–15 min brisk walk 	Progression Hike This is your longest training hike! 3hr 30 min – 4 hr with the final 60 min at a steady pace. Pack some supplies, grab your camera and enjoy the day.
WEEK 11 You are so close now, so look after your body. Eat healthily and always change into dry clothes after training.	Rest Yesterday's walk was hard. Treat yourself to a special 'Well Done' dinner (or get someone else to cook for you!)	40 min walk <ul style="list-style-type: none"> • 5 min warm-up • 5 x 5 minutes brisk effort • 90 sec easy recovery between each fast interval 	Optional cross training Easy 30 min continuously	30–40 min 'Speed-play' walk	Rest	<ul style="list-style-type: none"> • 10–15 min brisk walk • Fit in 5 workout • 10–15 min brisk walk 	Easy walk A relaxed 100 min will feel like a doddle after how far you've gone before.
WEEK 12 On Saturday you'll be striding forth to beat cancer sooner. So enjoy taking it easy for these last 5 days.	Rest Take a deep breath. Yes you have done enough training. Yes you are prepared.	30–40 min <ul style="list-style-type: none"> • 10 min warm-up • 3 x 5 minutes brisk effort • 90 sec easy recovery walk between each interval 	Rest Chase those last minute donations. Remind everyone you're marching out with the Pink Army in just 3 days.	Easy walk 30 min	Rest Make sure you eat 3 good meals today and get to bed early. Tomorrow is the day you are joining the fight against cancer!		