

# YOUR 4 WEEK RACE FOR LIFE HIKE PLAN 0–60 MINUTE WALK

This plan is designed to get you out, active and moving and seeing measurable fitness increases in just 4 weeks. If you're new to exercise or coming back into walking from a long period off, this is the plan to get you started.



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Training plan  
created by



	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>WEEK 1</b>	<b>Core exercises</b>  <input type="checkbox"/>	Total walking time: 35 mins To include: 6 x 5 mins easy pace, with 1 min rest break after each 5 mins.  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	Total walking time: 30 mins To include: Alternating between 1 min easy pace, 30 sec brisk pace.  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	Optional cross training – easy 20 mins non-impact e.g. swimming.  <input type="checkbox"/>	Total walking time: 36 mins To include: 3 x 10 mins easy pace with 2 mins rest after every 10 mins.  <input type="checkbox"/>
<b>WEEK 2</b>	<b>Core exercises</b>  <input type="checkbox"/>	Total walking time: 36 mins To include: Alternating between 4 mins easy pace and 2 mins brisk pace. After every 6 mins, rest for 90 sec.  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	Total walking time: 34 mins To include: 10 mins easy pace, 1 min brisk pace, 1 min rest and 5 mins easy pace. Repeat this cycle.  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	Optional cross training – easy 20 mins non-impact e.g. swimming.  <input type="checkbox"/>	Total walking time: 38 mins To include: 15 mins easy pace, 3 mins rest, 5 mins brisk pace, then 15 mins easy pace.  <input type="checkbox"/>
<b>WEEK 3</b>	<b>Core exercises</b>  <input type="checkbox"/>	Total walking time: 35 mins To include: 6 x 5 mins easy pace, with a 1 min break after every 5 mins. Walk the odd numbers at an easy pace and the even numbers at a brisk pace.  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	Total walking time: 33 mins To include: 5 mins easy walking, 8 x 3 mins where you pick up the pace each 1 min.  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	Optional cross training – easy 20–30 mins non-impact e.g. swimming.  <input type="checkbox"/>	Total walking time: 55 mins To include: 20 mins easy pace, 2 mins rest, 5 mins brisk walk, 30 sec rest, then repeat.  <input type="checkbox"/>
<b>WEEK 4</b>	<b>Core exercises</b>  <input type="checkbox"/>	Total walking time: 37 mins To include: 15 mins easy pace, 2 mins rest, 5 min brisk pace, then 15 mins easy pace.  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	Total walking time: 30 mins To include: 10 mins easy pace and 5 mins brisk pace. Repeat this cycle.  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	<b>Rest</b>  <input type="checkbox"/>	Total walking time: 50–60 mins All easy pace. If needed, take a 3–5 min break after 35 mins.  <input type="checkbox"/>

# YOUR 4 WEEK RACE FOR LIFE HIKE TOP TIPS



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Aim to predict your week and then place your walking training within it. Remember walking is easier to accommodate and fit into commuting than running or cycling. If you need to you can complete these walks as a commute or part of a commute!

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Your body likes patterns. Give it a routine and it will adapt and start to become fitter. Get used to training regularly and being organised with sleep, food, fitting in the training, stretching and exercises. Plan each day and fit in your training.

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Your training plan will contain many weeks of training. Set some targets that are realistic within this journey. These targets will motivate you and help you check your progress. Maybe it could be your fastest time around your local walking route or to tackle a steep hill without stopping.

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It is hard to measure miles & kilometres. You can also find yourself clocking up miles rather than training sensibly. Give every walk a purpose. Train to time and follow the plan. Some sessions are easy to allow you to recover or build endurance. Some are harder, building a stronger heart and more strength.

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Your body is an amazing piece of kit. It tells you how it feels and what it needs. Listen to it and watch the signs. If you are sore you might be about to get injured, so rest, stretch more, have a massage or cross train instead of walking. If you are tired you might need more rest and sleep. Eat well as your body wants to recover and replace its energy. So follow the training plan but always listen to your body.

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Try to use other forms of exercise to keep you strong and compliment your walking sessions. You need to be strong so consider including circuit training, swimming or biking in the weekly plan. Make time for core exercises which will strengthen the key muscle groups you'll be using during your walking. You will see this plan has 'cross training' included. The best options for this plan are those which are impact free – swimming and very easy cycling would be ideal.

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Most of us concern ourselves with daily and weekly training but don't focus as much on sleep and nutrition. Your body needs to recover from any training completed to become fitter and stronger. Aim for up to 8–9 hours sleep a night and eat lots of healthy carbohydrates, correct levels of protein and plenty of fruit & vegetables. Snack regularly to keep your blood sugar levels balanced and energy levels high. Treat rest and nutrition seriously while training well and you will improve.

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Training regularly can be tough. Most of us find it easier if we train with friends and family. You can share your journey and help to keep each other motivated. Surround yourself with people who believe in you and who are interested in your journey and training. Positive people make you feel good and help you to train well.

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This is the most important part to achieving your goal. Make it fun and share the journey with other people by walking with friends or a local group. Walking makes you feel good and gives you energy for everything else in your life. This is a healthy choice, and we want you to walk and have fun for many years.