

# YOUR 4 WEEK RACE FOR LIFE HIKE PLAN BUILD UP YOUR HIKING

If you walk regularly or have tackled a recent walking event, but you've had some time off, this plan will get you progressing quickly over 4 weeks. It assumes you are already able to tackle a 30 min continuous walk. If not, check out our 4 week 0–60 min walk plan which is available to download from [raceforlife.org](http://raceforlife.org)



CANCER  
RESEARCH UK  
RACE FOR LIFE

Training plan  
created by



	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>WEEK 1</b>	<b>Core exercises</b>  <input type="checkbox"/>	30 min easy paced walk, before breakfast.  <input type="checkbox"/>	Optional cross training – easy 30 min non-impact e.g. swimming.  <input type="checkbox"/>	Total walking time: 30 mins To include: 5 x 5 mins, walking the odd numbers at an easy pace and the even numbers at a brisk pace. Allow 1 min recovery after every 5 mins.  <input type="checkbox"/>	<b>Rest</b>	Hills: 30–40 min walk to include 8 x 45 sec power walk up hill, with an easy walk back between each.  <input type="checkbox"/>	40–50 min walk ideally to include undulating terrain and mixed surfaces.  <input type="checkbox"/>
<b>WEEK 2</b>	<b>Core exercises</b>  <input type="checkbox"/>	35 min all easy, before breakfast.  <input type="checkbox"/>	Optional cross training – easy 30 min non-impact e.g. swimming.  <input type="checkbox"/>	Total walking time: 40 mins To include: 10 x 4 mins. Alternate between 1 min easy pace, 2 min brisk pace and 1 min power walk. No rest.  <input type="checkbox"/>	<b>Rest</b>	Hills: 40 min walk to include 10 x 45 sec power walk up hill, with an easy walk back between each.  <input type="checkbox"/>	50–60 min walk, ideally off road.  <input type="checkbox"/>
<b>WEEK 3</b>	<b>Core exercises</b>  <input type="checkbox"/>	40 min all easy, before breakfast.  <input type="checkbox"/>	Optional cross training – easy 30 min non-impact e.g. swimming.  <input type="checkbox"/>	Total walking time: 45 mins To include: Break the walk into blocks of 1 min, 2 mins, 3 mins, 4 mins and 5 mins. At the start of every block, pick up the intensity, then rest for 60 seconds. Then repeat.  <input type="checkbox"/>	<b>Rest</b>	Hills: 40 min walk to include 5 x 60 sec power walk up hill and 5 x 45 sec power walk up hill.  <input type="checkbox"/>	60–70 mins easy, off road and undulating.  <input type="checkbox"/>
<b>WEEK 4</b>	<b>Core exercises</b>  <input type="checkbox"/>	45 min all easy, before breakfast.  <input type="checkbox"/>	Optional cross training – easy 30 min, non-impact e.g. swimming.  <input type="checkbox"/>	Total walking time: 45 mins To include: Break the walk into blocks of 1 min, 2 mins, 3 mins, 4 mins and 5 mins. At the start of every block, pick up the intensity, then rest for 60 seconds. Then repeat.  <input type="checkbox"/>	<b>Rest</b>	Hills: 40 min walk to include 10 x 60 sec power walk up hill.  <input type="checkbox"/>	75 mins, easy walking off road.  <input type="checkbox"/>

# YOUR 4 WEEK RACE FOR LIFE HIKE TOP TIPS



CANCER  
RESEARCH UK  
RACE FOR LIFE

.....  
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!

.....  
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.

.....  
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.

Training plan created by



runningwithus.com  @runningwithus

.....  
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.

.....  
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.

.....  
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.

.....  
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.

.....  
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.

.....  
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.