



## Getting Started: How to Choose the Right Training Plan for Your 100K Trek

We've put together some general 16-week training plans for 100K Trek and want to ensure you choose the right plan to help you along the way to your challenge.

It's important that you choose the plan that fits your current level of fitness, so here's a simple guide to help you find the right one for you.

### Training Plans for Beginners

For those taking part in your first long-distance endurance event, this plan assumes that you already have a general base fitness level and can already walk for around 2hrs in duration at one time. Following this plan will see you gradually increase your longest walk to 8hrs in duration and includes back to back walking days to prepare you for your challenge.

Your walking speed will depend on your fitness level, the terrain you're walking on and of course the weather, but **if you can currently walk at around 20-30 mins per mile (2-3 miles per hour) then this is the plan for you.**

### Intermediate Training Plans

This plan assumes that you already have a good fitness level and have been including good amounts of exercise and walking each week, where you can already walk for around 3hrs in duration at one time. With this plan, you'll gradually increase your longest walk to 9hrs with longer back-to-back walking days throughout the plan as you head towards your challenge.

Your walking speed will depend on your fitness level, the terrain you're walking on and of course the weather, but **if you can currently walk at around 15-20 mins per mile (3-4 miles per hour) then this is the plan for you.**



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## Training Plans for Experienced

If you already have an excellent level of fitness where you do regular amounts of exercise each week and can already walk for around 4hrs at one time. This plan will see you increase your longest walk to 10hrs with longer back-to-back walks throughout the plan.

Your walking speed will depend on your fitness level, the terrain you're walking on and of course the weather, but if you can currently walk at around 12-15 mins per mile (4-5 miles per hour) then this is the plan for you.

### A few points to remember ....

- Walk tall, shoulders back and relaxed and focus on your posture as you walk, keep your head up and eyes looking forward. Aim to be walking at a brisk pace and not as if you're just going for a casual stroll, but ensure that this is at a level where you are able to talk happily during your longer walks. As the training progresses and builds-up, you'll get fitter and stronger but meantime, if you need to slow down because you're out of breath then that's fine.
- Wherever possible and safe to do so, aim to walk on off road routes and paths with differing surfaces, undulations and terrain - not only is this kinder to your body and more enjoyable, it will also be helpful in preparing you well for your challenge.
- You'll see that the plans include more structured walks at the weekends when you will probably have more time available and the exercise during the week days is generally shorter in duration and includes cross-training exercise.
- Consistency is key and it's vital that you listen to your body and the signals it gives you. It's important that you find some time to include some stretching each week, to ensure you're keeping mobile and flexible.

**FIGHT FOR EVERY HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

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- If you feel any niggles coming on then don't ignore them, take a few extra rest days or switch to easy effort training to allow things to settle down; getting good rest and recovery is a vital component of any training plan.
- If you're feeling unwell, come down with an illness or are concerned about your health in any way, then we'd strongly advise that you get an appointment with your GP to get things checked-out right away.
- It's a great idea to keep a note of the training you're doing so you can review it periodically to track your progress. Why not keep a diary to record the training you've done, how you felt, your walking routes and distances you've walked. When you're feeling tired or when training be proud of your achievements as you head towards your challenge.

**Good luck!**