

# 16-Week Trek Training Plan



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**Ben Keen**  
Managing  
Director

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# Getting Prepared



## Do not underestimate what you're signing up to.

Of course, we've all been walking since the age of about 1 years old. However, this does not mean we can all complete a long distance hike/trek/walk with ease. Especially if you are planning a multi day trek.

Would get off the sofa and try to run a marathon with out any training?

No?!

If you think you can walk for multiple days with out any issue. You're be in for a bit of a shock!

With a good base level of fitness along with some endurance and cardio vascular training, the trek will still be hard work, but the enjoyment levels will be higher and you'll minimise the risk of injury.

### **The pay off for getting fitter and training for your trek will be:**

- Enjoyment levels increase as you travel through some incredible places
- Increased satisfaction of completing your challenge
- The overriding feeling of smugness as you walk across the finish line injury free (hopefully).
- Maintaining a huge smile on your face throughout the challenge.

You don't have to be an Iron Woman/Man to complete a long distance trek. Far from it. Trekking is available to anyone; you just have to be sensible and work a bit for it.

Here are our top 10 preparation tips for your upcoming trek, followed by a simple and achievable training plan.

**Best of Luck and ENJOY!**

# 10 Steps to help you prepare for your trek.



## Step 1 - Start walking NOW!

The best way to prepare for a really long walk? Do some really long walks.

Start with small-ish distances and work up to the length you'll be trekking on your trip/event. When you start your training, leave a day in between each walk to let your body recover. But as your body gets fitter, try to do back-to-back sessions each day – it'll help build your stamina and endurance.

## Step 2 - Make leg-based cardio part of your training plan.

Cycling is a great way to build up muscle in your legs, but, football, squash and swimming are all great too. If you're more into gym workouts, mix up your spin classes or cycling bursts with squats and lunges (the more weight, the better).

## Step 3 - Take the stairs very chance you get.

The key muscles for you to build are your calves and quads. Climbing the stairs instead of taking the lift or escalator are great for building base level fitness.

## Step 4 - Analyse how you walk.

Just because you've been walking since you were a baby, it doesn't mean you've been doing it correctly. Take some time to look at how you walk.

- Ensure you're striking the ground heel first.
- Roll through to your toes and propel forwards. This will prevent shin splints and tendon pain.
- Head up, eyes forwards looking ahead to prevent neck pain.
- Shoulders level.

## Step 5 - Train on different terrain.

Preparing your legs, ankles and feet for varying terrain will help your body to cope with the range of surfaces and undulations during your trek.



## Step 6 - Get out there, even when it's raining!

It is possible that you will have a range of weather during your trek, so in the same way you're getting body fit, get mentally tough by training in the rain, the wind and the heat!

Getting out in all weathers, also mean you can test your kit out. You don't want to get in to your event only to find out that your waterproof jacket you've had in the cupboard for the past 10 years, is no longer waterproof!

## Step 7 - Try using walking poles.

Honestly, walking poles can be a real game changer in terms of energy saving, power and propulsion whilst walking and for removing unneeded pressure off your knees.

Walking poles can take 20% of pressure off your knees when walking down hill, whilst also giving you additional stability.

**But - You must practice with them.** It is very easy for them to become a trip hazard if you don't know how to use them. There are plenty of videos on YouTube which will show you the correct ways of using them.

## Step 8 - Train with all of your kit.

As your fitness levels increase, get out there with all of your planned kit for the trek. Having a weighted bag will mean that your body will not go in to shock during your trek by having to carry additional weight.

This is also another opportunity to test out the kit you're be carrying. Better to be prepared than found out during the event.

If you really want to increase your fitness, carry a bag that is heavier than you'll be carrying on the trek. This will make the trek feel super easy!



## Step 9 - Train with the right fuel & STAY HYDRATED!

We can not stress enough the importance of using the right fuel for your body and to train with it. You will be burning an immense of calories and these need to be replenished, before, during and after your day.

You'll burn in the region of 3000 - 4000 calories per day during your trek. Just eating your regular meals will not be enough. Conversely, relying on energy products such as gels and bars, if not used correctly will only make you feel weaker and will upset your stomach if your body is not prepared.

- **BREAKFAST** - We would always recommend porridge as it has slow release carbohydrate used for energy. Add banana and honey for an additional boost.
- **DURING THE DAY** - As well as a good packed lunch add in snacks through out the day. Aim to be eating something every 20-30 minutes to maintain energy levels i.e - Nuts, Dried fruit, muesli bars, high energy sweets / chocolate. **DO NOT JUST RELY ON LOTS OF SWEETS, YOU WILL JUST HAVE A SUGAR CRASH EVENTUALLY.**
- **EVENING MEAL** - Replenish those lost calories and give your muscles something to use to help with their repair. Have a high protein meal along with carbohydrates. The Carbs will help you for the following day.

Remember - **HYDRATE, HYDRATE, HYDRATE!!!**

## Step 10 - Invest in a good pair of shoes.

You need your feet to be in the best possible condition for the duration of your trek. Picking up the smallest of blisters will seriously affect your enjoyment and potential ability to complete your challenge.

To keep your feet in the best shape possible:

- Try on a few different pairs of shoes or boots to ensure you get a pair that suit your feet. Do not just buy them in the days leading up to your trek.
- Go to a shop to get a professional fitting if possible.
- Wear your shoes/boots everywhere so they feel like a pair of comfortable slippers.
- Wear the socks you'll be wearing on your trek. Invest in quality socks, and test different socks and combinations until you find the right ones to suit your feet.
- Wash your feet thoroughly each evening to prevent sores.
- Treat any soreness or rubbing as it starts to prevent it becoming a blister.

# Measuring your efforts



## The 'Talk Test' - Train Smart

To ensure you're training to reach your full potential, you should train at the right effort level and intensity.

A popular misconception is "harder is better" so we end up training too hard, which can result in feeling tired, illness or even worse, picking up an injury. Understanding what each training session is trying to achieve and how it should feel is the way to **train smart**.

Here is a guide to effort levels. These 'effort levels' are mentioned in the 16-week training plan. Use these levels as a guide to how each training should 'feel'.

EFFORT LEVEL	PERCIEVED EFFORT 1-10*	HEART RATE	THE TALK TEST - How should feel
Recovery	6-6.5	65-70%	You can speak in complete sentences, totally conversational, you're relaxed and enjoying it the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do.
Threshold	8-8.5	80-85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.

It can be difficult to know how fast you should be walking at first. When you start your training all you need to do is get out and walk at an easy pace, where you can easily hold a conversation. If you can't talk comfortably you're going too fast – simple as that!

# Jargon Buster



## REST

Rest should be as important as walking in your training schedule. You'll need a lot of it in your training, as your body needs rest to recover and adapt to the training sessions you are doing. Listen to your body, and take more rest if you need it.

## LONG WALKS

These are really important to make you feel confident in taking on the miles on your trek. Try to increase the time on your feet in the sessions first, instead of worrying about the distance you are walking. Use these sessions to practice wearing your kit and testing out the food and drink that you are going to use on

## HILL WALKING

This strengthens your muscles, and prepares you for the hills that you'll take on during the challenge. A typical hill training sessions involves walking up with a strong stride, then turning immediately and head down the hill at an easy pace, before repeating this.

## INTERVAL TRAINING

This is bouts of intense exercise interspersed with short rest intervals. Alternate between brisk walking or running for up to a minute, and then return to the original pace for a set period before repeating.

## CROSS TRAINING

Is other cardio vascular activities such as cycling, swimming or racquet sports. It's a good idea to include some non-impact sessions when walking regularly.

## CORE WORKOUT

It also important to build a strong core to prevent injuries and imbalances. You can do this through going to your local Pilates class or just doing some simple core exercise at home. Keep this gentle though, so it doesn't leave you too tired to go on your walks.



# Your Training Plan

## Week 1 - 4

DATE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	<b>EASY</b> 3 Mile walk	<b>EASY</b> Cross-Train 30 minutes	RECOVERY Core workout and optional easy walk 30 minutes	<b>EASY</b> Cross-Train
TUESDAY	<b>EASY</b> 20 Minutes Interval Workout	Rest	<b>EASY</b> Cross-Train 30 minutes	Rest
WEDNESDAY	RECOVERY Core workout and optional easy walk 30 minutes	<b>STEADY</b> 30 Minutes Interval Workout	Rest	<b>STEADY</b> 40 Minutes Interval Workout
THURSDAY	<b>EASY</b> Cross-Train 30 - 40 minutes	<b>STEADY</b> 3 Mile walk	<b>STEADY</b> 50 Minutes Interval Workout	<b>EASY</b> Cross-Train 30 - 40 minutes
FRIDAY	Rest	RECOVERY Core workout and optional easy walk 30 minutes	<b>EASY</b> 5 Mile walk	<b>STEADY</b> 5 Mile walk
SATURDAY	<b>EASY</b> 5 Mile walk	<b>EASY</b> 7 Mile walk With hills	<b>EASY</b> 5 Mile walk	Rest
SUNDAY	Rest	Rest	Rest	<b>EASY</b> 10 Mile walk

**DON'T FORGET TO STRETCH EVERY DAY. YOU WILL BE AMAZED HOW IT IMPROVES YOUR PERFORMANCE AND WILL MAKE YOU FEEL SO MUCH BETTER.**

# Your Training Plan

## Week 5 - 8

DATE	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MONDAY	RECOVERY Core workout and optional easy walk 30 minutes	RECOVERY Core workout and optional easy walk 30 minutes	<b>STEADY</b> 50 Minutes Interval Workout	RECOVERY Core workout and optional easy walk 30 minutes
TUESDAY	<b>STEADY</b> 5 Mile walk. Including hills	<b>THRESHOLD</b> 7 Mile walk With threshold hills efforts	RECOVERY Core workout and optional easy walk 30 minutes	<b>THRESHOLD</b> 7 Mile walk With threshold hills efforts
WEDNESDAY	Rest	Rest	Rest	<b>EASY</b> Cross-Train 40 - 50 minutes
THURSDAY	<b>STEADY</b> 50 Minutes Interval Workout	<b>EASY</b> Cross-Train 40 - 50 minutes	RECOVERY Core workout and optional easy walk 30 minutes	Rest
FRIDAY	<b>EASY</b> Cross-Train 40 - 50 minutes	Rest	Rest	<b>STEADY</b> 50 Minutes Interval Workout
SATURDAY	Rest	<b>STEADY</b> 10 Mile walk	<b>THRESHOLD</b> 10 Mile walk. With some hills.	<b>EASY</b> 15 Mile walk. With some hills.
SUNDAY	<b>EASY</b> 10 Mile walk. With some hills.	RECOVERY Core workout and optional easy walk 30 minutes	<b>EASY</b> 10 Mile walk. With some hills.	Rest

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# Your Training Plan

## Week 9 - 12

DATE	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MONDAY	<b>STEADY</b> 50 Minutes Interval Workout	RECOVERY Core workout and optional easy walk 30 minutes	RECOVERY Core workout and optional easy walk 30 minutes	RECOVERY Core workout and optional easy walk 30 minutes
TUESDAY	<b>EASY</b> Cross-Train 45 - 60 minutes	<b>STEADY</b> 7 Mile walk With threshold hills efforts	<b>THRESHOLD</b> 7 Mile walk	Rest
WEDNESDAY	<b>THRESHOLD</b> 5 Mile walk. Including hills	Rest	Rest	<b>STEADY</b> 50 Minutes Interval Workout
THURSDAY	Rest	<b>EASY</b> Cross-Train 45 - 60 minutes	Rest	<b>EASY</b> Cross-Train 40 - 50 minutes
FRIDAY	RECOVERY Core workout and optional easy walk 30 minutes	Rest	<b>EASY</b> Cross-Train 45 - 60 minutes	<b>THRESHOLD</b> 10 Mile walk. Including hills
SATURDAY	Rest	<b>STEADY</b> 7 Mile walk. Including hills	<b>STEADY</b> 10 Mile walk. Including hills	<b>STEADY</b> 20 Mile walk. With some hills.
SUNDAY	<b>THRESHOLD</b> 15 Mile walk. With some hill efforts.	<b>EASY</b> 10 Mile walk. With some hills.	<b>EASY</b> 15 Mile walk. With some hills.	Rest

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# Your Training Plan

## Week 13 - 16

DATE	WEEK 13	WEEK 14	WEEK 15	WEEK 16
MONDAY	RECOVERY Core workout and optional easy walk 30 minutes	RECOVERY Core workout and optional easy walk 30 minutes	RECOVERY Core workout and optional easy walk 30 minutes	RECOVERY Core workout and optional easy walk 30 minutes
TUESDAY	<b>THRESHOLD</b> 10 Mile walk. Including hills	<b>THRESHOLD</b> 7 Mile walk. Including Threshold hill efforts	<b>STEADY</b> 7 Mile walk.	<b>STEADY</b> 5 Mile walk.
WEDNESDAY	Rest	Rest	Rest	Rest
THURSDAY	<b>EASY</b> Cross-Train 45 - 60 minutes	<b>EASY</b> Cross-Train 45 - 60 minutes	<b>STEADY</b> 50 Minutes Interval Workout	<b>EASY</b> 5 Mile walk.
FRIDAY	Rest	Rest	Rest	You've completed all of your training - Well Done! Get lots of rest and an early night.
SATURDAY	<b>STEADY</b> 60 Minutes Interval Workout	<b>EASY</b> 20 Mile walk. With some hills.	<b>EASY</b> 10 Mile walk.	Your big event is finally here. Let all that training pay off!
SUNDAY	<b>STEADY</b> 22 Mile walk. With Steady hill efforts.	<b>THRESHOLD</b> 15 Mile walk. Including hills	<b>EASY</b> Cross-Train 30- 40 minutes	Your big event is finally here. Let all that training pay off!

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