

## **Pilgrims Way Challenge Training Plan**

Thank you for joining the Pilgrims Way Challenge and for supporting Pilgrims Hospices; by taking on this stunning challenge in the rural Kent countryside. Your aim is to complete one of two distances; 25km or 50km starting from the picturesque village of Wye and either finishing at Canterbury for 25km or Dover for the 50km. So get ready to hike for the hospice!

The Training Plans for both distances are designed to not only get you hiking fit and to also build your leg muscles, strength and stamina to cover the distances. The 6/7 weekly plans are designed to get you hiking fit in time for the Challenge; each plan begins on 23 April. In the last 2 weeks of the plan your mileage decreases to allow your body to rest, recover and to be in optimum fitness for the big day! By following the plan you should successfully and comfortably be able to complete your chosen distance. When beginning your training for the Pilgrims Way Challenge, you should already be able to walk at least 3km or 2 miles in one go. The idea of the plan is that regular hikes in a combination of shorter and longer distances will help to get your leg muscles strong and most importantly, your feet ready to hike for the hospice. The plan has longer walks taking place at weekends, when you will hopefully be able to cover the longer distances, and the distances build up week by week. With a couple of shorter distances during the week, where you can mix things up; pick up your pace, find new routes and test out different kit and equipment. The Plan also includes back to back training walks, especially at weekends to replicate hiking on tired leg muscles. There are also plenty of rest days in between, not to mention plenty of stretching! As your distances increase; stretching is a must - to help improve your recovery after long walks and also to help with flexibility and muscle strengthening.

**Km or miles** – whichever you prefer. Our Challenge is mapped in km; either 25 or 50km, in miles this equates to 15.5 or 31 miles. Some people prefer miles, some prefer km and so the plan lists either for you to plan and increase your hikes and training routes

**Making it work for you** – we can offer you all the best advice and put a training plan into place but if it doesn't fit with your day to day life - then mix it up! Some people work weekends, our hospice nurses work nights and shift patterns, so you must make it work for you. For your shorter hikes during the week... could you walk to work? Or go out for a hike on your lunch break and cover 3 miles (it's possible in an hour). You will also need to consider your current fitness... if you are a weekend Rambler, then you may be able to achieve the longer hikes quicker. If you do other sports such as running, cycling or walking then you may have a higher base level of fitness; but remember nothing quite replicates long hikes and how your legs will feel, not to mention testing out your footwear. We've seen it many a time when a runner will wear running trainers but they don't always lend themselves to walking and that's when blisters and sore spots may appear...

**Make sure you test out your equipment** - including backpacks, walking trousers or leggings and of course waterproofs, as well as footwear. The great British weather always gives us an element of surprise and although our Challenges takes place in June and makes the most of the longer hours of sunlight; sometimes the heavens will open and you need to be prepared for all weathers! Rain or shine! You do not want wet feet in non waterproof footwear to be another Challenge you need to overcome on the 9<sup>th</sup> June. Take a look at our [Clothing and Equipment List here](#) – for those doing the 50km Challenge, you must bring a head torch with you.

**Being mentally and physically prepared** – as with any Challenge and especially where a high level of endurance is required, whatever your fitness levels or previous experience this can be a real challenge (especially in the later stages for those doing the 50km distance). Make sure you train so that you can put yourself in the very best place you can be for the Challenge. Eat well and rest well, be mentally prepared. Enjoy your time out walking, use the hikes to plan your week ahead, plan your food shopping, or just enjoy the peace and scenery surrounding you. Get your friends and family to share some of the km/miles with you, catch up with friends and do something healthy at the same time. All whilst raising money and supporting Pilgrims Hospices!

<b>6 Week Plan 25K Challenge</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1 W/C 23 April</b>	Stretch	3.2km/2 miles	Other activity	Rest	Stretch	6.4km/4 miles	8km/5 miles
<b>Week 2 W/C 30 April</b>	Stretch	4.8km/3 miles	Other activity	3.2km/2 miles	Stretch	9.6km/6 miles	3.2km/2 miles – your legs should be feeling stronger after your recent hikes and mileage
<b>Week 3 W/C 7 May</b>	Stretch	4.8km/3 miles – increase your pace	Other activity	3.2km/2 miles – increase your pace	Stretch	12.8km/8 miles – get used to the longer mileage/km	Rest day – keep stretching the muscles after your longer hike yesterday
<b>Week 4 W/C 14 May</b>	Stretch – your recovery days should start becoming easier & you're feeling stronger	4.8km/3 miles – hike at speed	Other activity	Rest	Stretch	14.4km/9 miles – mileage increasing	3.2km/2 miles – to stretch the muscles out
<b>Week 5 W/C 21 May</b>	Stretch	4.8km/3 miles – are you getting faster?	Other activity	4.8km/3 miles – keep up the faster pace	Stretch	17.7km/11 miles - mix up your pace	4.8km/3 miles
<b>Week 6 W/C 28 May</b>	Stretch	6.4km/4 miles	Other activity	4.8km/3 miles	Plan your diet for next week, start carb loading and increase it 2/3 days before the challenge.	20.9km/13 miles – the big one before your challenge!	4.8km/3 miles – to stretch out your muscles after your big hike!

7 Week Plan 50K Challenge	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> W/C 23 April	Stretch	3.2km/2 miles	Other activity	3.2km/2 miles	Stretch	8km/5 miles	9.6km/6 miles
<b>Week 2</b> W/C 30 April	Stretch	4.8km/3 miles	Other activity	4.8km/3 miles	Stretch	12.8km/8 miles	8km/5 miles – your legs should be feeling stronger after your recent hikes and mileage
<b>Week 3</b> W/C 7 May	Stretch	4.8km/3 miles – increase your pace	Other activity	4.8km/3 miles – increase your pace	Stretch	17.7km/11 miles – get used to the longer mileage/km	Rest day – keep stretching the muscles after your longer hike yesterday
<b>Week 4</b> W/C 14 May	Stretch – your recovery days should start becoming easier & you're feeling stronger	4.8km/3 miles – hike at speed	Other activity	Rest	Stretch	27km/17 miles – a more than a half marathon distance and the first of your big 3 hikes!	6.4km/4 miles – to stretch the muscles out
<b>Week 5</b> W/C 21 May	Stretch	4.8km/3 miles – are you getting faster?	Other activity	6.4km/4 miles – keep up the faster pace	Stretch	37km/23 miles – the really big one before your challenge!	4.8km/4 miles
<b>Week 6</b> W/C 28 May	Stretch	6.4km/4 miles	Other activity	6.4km/4 miles	Stretch	22.5km/14 miles – your distances are paired down to allow you to be well rested for 9th June	4.8km/4 miles – to stretch out your muscles after your big hike!
<b>Week 7</b> W/C 4 June	Plan your diet for this week, carb loading begins!	8km/5 miles to keep your legs strong and ready to hike!	Rest – carbs, carbs, carbs!	Rest – eat well!	Rest, prepare & pack your bags for the big challenge!	<b>The Pilgrims Way Challenge 50km/31 miles!</b>	Recovery!

