

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 three distances; 25km, 35km or 55km between the picturesque village of Wye, Canterbury and the historic Dover Castle. So get ready to hike for the hospice!

The Training Plans for all distances are designed to not only get you hiking fit but 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 6 May. 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, 35 or 55km, in miles this equates to 15.5, 21.7 or 34 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 take place in June and make 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 19th June. Take a look at our [Clothing and Equipment List here](#) – for those doing the 35km and 55km 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 55km 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!

| 6 Week Plan 25K Challenge | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|---|---|----------------|---|---|--|--|
| Week 1 W/C 3 May | Stretch | 3.2km/2 miles | Other activity | Rest | Stretch | 6.4km/4 miles | 8km/5 miles |
| Week 2 W/C 10 May | 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 |
| Week 3 W/C 17 May | 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 See Pilgrims Hospices Events App for official Training Walk | Rest day – keep stretching the muscles after your longer hike yesterday |
| Week 4 W/C 24 May | 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 |
| Week 5 W/C 31 May | 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 |
| Week 6 W/C 7 June | 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! |

| 6 Week Plan 35K Challenge | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|---|---|----------------|---|---|--|--|
| Week 1 W/C 3 May | Stretch | 3.2km/2 miles | Other activity | Rest | Stretch | 8km/5 miles | 9.6km/6 miles |
| Week 2 W/C 10 May | Stretch | 4.8km/3 miles | Other activity | 3.2km/2 miles | Stretch | 8km/5 miles | 8km/5 miles – your legs should be feeling stronger after your recent hikes and mileage |
| Week 3 W/C 17 May | 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 See Pilgrims Hospices Events App for official Training Walk | Rest day – keep stretching the muscles after your longer hike yesterday |
| Week 4 W/C 24 May | Stretch – your recovery days should start becoming easier & you're feeling stronger | 4.8km/3 miles – hike at speed | Other activity | Rest | Stretch | 24km/15 miles – a more than a half marathon distance | 6.4km/4 miles – to stretch the muscles out |
| Week 5 W/C 31 May | Stretch | 4.8km/3 miles – are you getting faster? | Other activity | 4.8km/3 miles – keep up the faster pace | Stretch | 14.4km/9 miles – mileage increasing | 4.8km/4 miles |
| Week 6 W/C 7 June | 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. | 23.3km/14.5 miles – the big one before your big challenge. See Pilgrims Hospices Events App for official Training Walk | 4.8km/4 miles – to stretch out your muscles after your big hike! |

| 7 Week Plan 55K Challenge | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|---|---|-----------------------------|---|---|---|--|
| Week 1 W/C 3 May | Stretch | 3.2km/2 miles | Other activity | 3.2km/2 miles | Stretch | 8km/5 miles | 9.6km/6 miles |
| Week 2 W/C 10 May | 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 |
| Week 3 W/C 17 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 |
| Week 4 W/C 24 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 – more than a half marathon distance and the first of your big 3 hikes! | 6.4km/4 miles – to stretch the muscles out |
| Week 5 W/C 31 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 |
| Week 6 W/C 7 June | Stretch | 6.4km/4 miles | Other activity | 6.4km/4 miles | Stretch | 23.3km/14.5 miles – your distances are reduced so that you're well rested for 19 th June. See Pilgrims Hospices Events App for official Training Walk | 4.8km/4 miles – to stretch out your muscles after your big hike! |
| Week 7 W/C 14 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! | The Pilgrims Way Challenge 55km/34 miles! | Recovery! |