



A GIRLS' HIKE OUT 2019

TRAINING GUIDE

INTRODUCTION

To complete the trek on 7 September 2019 and get the most out of the experience, **you will need to put the time into training**. You will be walking a full marathon distance, so preparation is key to be able to complete the trek comfortably.

This training guide is a great start to help you prepare for a Girls' Hike Out, but we would also recommend doing some wider reading into recommended training in order to be fully prepared for the day.

Prior to starting on any training programme, please ensure that you are medically able to do so. If you are in any doubt, please consult your GP.

The event will be challenging so it is crucial that you train... but with the right training almost anyone with a basic level of fitness can complete this challenge! Remember that the fitter you are the more you will enjoy your experience.

SAFETY FIRST

- Remember to warm up, warm down and stretch before and after exercise to prevent injury.
- If during training, you feel any serious pain, you should stop immediately and seek professional help.
- Make sure you do not do too much and ensure you plan adequate rest/recovery days.
- Stay hydrated while you train – drink plenty of water during and after your workout.
- Please be safe! Don't run or cycle alone at night, and do wear reflective clothing. Take a mobile phone with you, and keep ID and a contact number on you in case of an accident.

MAKING A PERSONAL TRAINING PLAN

Choose a training plan to suit your current level of fitness and the target you want to reach. As everyone is different, we recommend that you ask a fitness instructor at your local gym to help you put together a training schedule. To complete the challenge you should prepare to be able to trek for up to 13 hours.

THERE'S NO SUBSTITUTE FOR A LONG WALK!

Although we recommend shorter sessions at the gym to get your heart pumping and your cardiovascular fitness up, *there really is no substitute for a long walk*. The more lengthy walks you can fit into your training, the better.

9-WEEK TRAINING PLAN

Below is a recommended training plan over a 9-week period leading up to the event. Following this plan to the letter should mean that you'll be trek-fit and ready to smash your marathon distance hike.

Please don't leave training until the last minute, our absolute top tip is to start early and build up. You can use the below training plan to create your own extended training schedule if you feel you need longer to train.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		20 mins aerobic	30 mins aerobic	Cross training		2 hour walk	
Week 2		Cross training		40 mins aerobic		2 hour walk	1 hour walk
Week 3		30 mins interval	Cross training	30 mins aerobic		3.5 hour walk	
Week 4		30 mins aerobic	Cross training	30 mins interval		5 hour walk	
Week 5		50 mins aerobic	40 mins aerobic	Cross training		6 hour walk	
Week 6		1 hour interval	30 mins aerobic	Cross training		4 hour walk	4 hour walk
Week 7		30 mins aerobic	45 mins aerobic	Cross training		7 hour walk	
Week 8		30 mins aerobic		30 mins aerobic		1 hour walk	
Week 9				30 mins aerobic		EVENT DAY	

- **Cross Training** and other cardio vascular activities such as cycling and swimming are a good way to vary your fitness schedule. It's also a good idea to include some non-impact sessions when walking regularly.
- **Aerobic Sessions** are activities that get the heart pumping and oxygen flowing through your blood.
- **Interval Training** involves bursts 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.
- Remember that rest is important, particularly in the week of and the week before the challenge. If you find yourself too tired to train, increase the amount of rest days you take.

KEEPING MOTIVATED

- **Keep it fresh** – mix up your activities and vary your routes to keep things interesting. Include swimming, spinning or gym sessions so you don't get bored.
- **Find a training buddy** – you'll have more fun together and help to keep each other motivated.
- **Join a sports team, group or class** – find something you really enjoy – why not join a sports club, a class at your local gym, fitness group in your local park or climbing wall?

FITTING YOUR TRAINING IN

- **It's all in the planning** – plan your week so you can make time for training.
- **Build exercise into your daily routine** – cycle or walk to work a couple of days per week. If this is not possible why not cycle or walk to the station/bus stop in between home and work.
- **Use your lunch break** – get away from your desk for a 30-minute run or cycle.
- **Take the stairs** – if done regularly this will significantly help to improve your fitness.
- **Join a local gym** – the fitness instructors will be able to design a programme specifically for you and your busy schedule.

WEBSITES TO START WALKING!

- www.nationaltrail.co.uk
- www.ramblers.org.uk/go-walking/
- www.walksworldwide.com/information/beginners_guide_to_trekking
- www.walkingbritain.co.uk
- www.walking-routes.co.uk

ANY QUESTIONS?

If you have any questions or concerns about training, please contact us! We're happy to provide more detailed information on the route that you'll be trekking on the day, and we can share plenty of personal training tips with you as well.

Please don't hesitate to contact us on 020 7091 6111 or drop us an email at events@careinternational.org if you need any help with training.