



Hiking Guide

Defeat The Peak Plan
Advanced Hiker

In partnership with

running
withus

COACHING &
CONSULTANCY
runningwithus.com

MACMILLAN
CANCER SUPPORT



Key Tips

- Repeat key stretches 2-3 times if certain muscle groups seem particularly tight.
- Hold stretch for 40-45 seconds each time and complete them after your hikes.
- Never stretch cold muscles.
- A good stretching routine will help to restore the muscle balance and allow you to be more flexible.
- Consider investing in an 'MOT' with a sport physiotherapist or sports massages which can help manage the build up in tightness that will occur in your training.
- A foam roller can be used to supplement your stretching on a day to day basis to carry out self massage.

Key Stretches



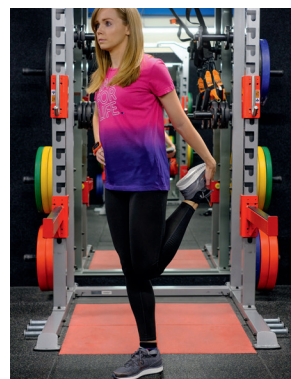
• Glutes

Sit with one leg out straight. Cross the other leg over, keeping knee bent. To feel stretch in backside, hug bent knee into chest. Keep back straight.



• Hamstring (Belly)

Lay on your back. Keep one leg on the ground. Raise other leg holding the back of the calf. Bring up to feel the stretch in the middle of the hamstring.



• Quads

Grasp the top of the ankle with the same side hand and bring heel to backside. Hips should be pushed forward.

**• Hip Flexors**

Kneel on one knee and make sure you have a 90 degree angle at both knees. Push hips down and forwards until you can feel a stretch at the front of the hip.

**• Calf (Gastrocnemius)**

Stand with feet shoulder width apart. Take one foot forward and keep feet parallel. Maintain the arch in the forward foot by pressing down with the toes to stop foot rolling in. Straighten back leg and feel stretch in top area of the calf.

**• Calf (Soleus)**

Repeat position of the gastrocnemius stretch but this time bend back leg to take stretch into lower calf above Achilles.

Strength & Conditioning

Finger Crusher

Get into a sit up position. Find the natural arch in your back and place your hands under the arch. Engage your lower abs and pelvic floor and push your spine down onto your hands, trying to crush your fingers into the ground.

Hold this for 45-60 seconds per set.

The next level: Do small alternate leg lifts, while still keeping even pressure on your hands or extending in to 'bicycle' movement in and out with your legs.

Plank

Lift your body up with your weight on your elbows and toes. Keep a straight line from the neck down through the legs to your ankles, engage all your core muscles by sucking your belly button up to the ceiling. Keep your chest over your elbows. Hold for 30-60 secs.

The next level: Add in small alternate leg lifts. If this is too hard to begin with, you can avoid lower back pain by doing this with your knees on the ground.

Side Plank

Make a right angle with your supporting arm, your feet together and your stomach strong. Rise up, making sure you squeeze your glutes and push your pelvis through.

Hold it for 30-60 seconds.

The next level: Lift your free arm into the air, keep your side really strong, and don't let your middle sag.

Bridge

From a sit up position raise your hips up so your body forms a straight line from shoulder to hips to knees. Hold this position for 45-60 seconds by squeezing your glutes and your lower abdominal muscles.

The next level: From a 'bridge' position straighten one leg at a time aiming to not let your hips 'sag' as you do so.

Single Leg Squat

Stand on one leg, engage your glute on your standing leg, keep your hips facing forward and aligned with your knee and toe. Send your hips backwards whilst bending at the knee. You don't want your knee to roll inwards, so go down as far as you can without that happening before moving back to a tall standing position. Repeat 8-15 times before changing legs.

The next level: You can use a Swiss ball or use a 'wobble board' under your foot.

Advanced Hiker

Remember!

You can always substitute your hikes with cross training if your legs are tired or sore or you want a change.

- Try to stretch every day for at least 10 minutes.
- Try to vary your routes and enjoy every walk!

About the plan

Do I need to follow a plan?

If you keep doing the same things over and over again you can't expect different results. The purpose of a plan is designed to add variety, structure and progression to your training and as a result push your fitness along faster...and hopefully more enjoyably!

What to expect

This training plan is designed to get you ready and prepared for your Defeat The Peak challenge. The plan will build gradually over the course of 15 weeks and will include hiking sessions which mirror some of the demands of the event.

Taking control

No training plan is designed to be a tablet of stone. View your training as a journey - it might not always go smoothly. Feel free to chop and change the plan and shift hikes to different days that may work better for you. If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient.

Key



Hilly hikes:

These days include specific efforts up hill to build strength and endurance and get you prepared for the route.



Cross training:

Swimming, running, elliptical training, rowing, etc can be used to give you a great fitness boost.



Brisk hikes:

On these days we ask you to include blocks of effort to raise your heart rate a little. Aim for an effort where you could speak only 5-6 words at a time.



Easy walks or long hikes:

Getting used to easy walks, long hikes or spending a long time on your feet is very important and will give you a good base for harder hikes.



Rest:

Rest is critical to adaptation and progression: you could add in core or stretching on these days though!

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	Brisk hike 30–40 min walk, include 3×5 mins brisk effort with 2 min recovery	Rest Consider core exercises	Hilly hike 10 min steady walking, 8×90 secs brisk up hill efforts with easy walk recovery back down + 10 mins steady walking	Rest	Cross training (swim, bike, cross trainer, rower) 30 mins easy effort	Long hike Easy walk 100 mins (off-road if possible)
2	Rest	Brisk hike 30–40 min walk, include 5×4 mins brisk effort with 90 sec recovery	Rest Consider core exercises	Hilly hike 10 min steady walking, 10×90 secs brisk up hill efforts with easy walk recovery back down + 10 mins steady walking	Rest	Cross training (swim, bike, cross trainer, rower) 30 mins easy effort	Long hike Easy walk 1.50–2 hrs (off-road if possible)
3	Rest	Brisk hike 40 min walk, include 5×5 mins brisk effort with 90 sec recovery	Rest Consider core exercises	Hilly hike 10 min steady walking, 12×90 secs brisk up hill efforts with easy walk recovery back down + 10 mins steady walking	Rest	Cross training (swim, bike, cross trainer, rower) 30–40 mins easy effort	Long hike Easy walk 2.15–2.30 hrs (off-road if possible)
4	Rest	Brisk hike 40 min walk, include 5×5 mins brisk effort with 60 sec recovery	Rest Consider core exercises	Hilly hike 10 mins steady walking, 2× 6–8 mins brisk up hill efforts with easy walk recovery back down + 10 mins steady walking	Rest	Cross training (swim, bike, cross trainer, rower) 30–40 mins easy effort	Long hike Easy walk 2.50 hrs (off-road if possible)
5	Rest	Easy hike 50–60 min easy walk	Rest Consider core exercises	Brisk hike 40 min walk, include 3×5 mins brisk effort with 90 secs recovery	Rest	Cross training (swim, bike, cross trainer, rower) 30–40 mins easy effort	Long hike Easy walk 1.45 hrs (off-road if possible)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	Rest	Brisk hike 50–60 min walk, include 6×5 mins brisk effort with 90 sec recovery	Rest Consider core exercises	Hilly hike 10 mins steady walking, 8×2–3 mins brisk up & down hill efforts with easy walk recovery back down + 10 mins steady walking	Rest	Cross training (swim, bike, cross trainer, rower) 30–40 mins easy effort	Long hike Easy walk 3.15–3.30 hrs (off-road if possible)
7	Rest	Brisk hike 50–60 min walk, include 3×10 mins brisk effort with 2 min recovery	Rest Consider core exercises	Cross training 45–60 mins easy effort	Rest	30–45 min hilly walk with a mix of brisk and hard efforts using landmarks	Long hike 3.45 hrs easy walk (off-road if possible)
8	Rest	Brisk hike 50–70 min walk, include 4×8 mins brisk effort with 90 sec recovery	Rest Consider core exercises	Cross training 45–60 mins easy effort	Rest	40–50 min hilly walk with a mix of brisk and hard efforts using landmarks	Long hike 4–4.15 hrs easy walk (off-road if possible)
9	Rest	Brisk hike 40 min – walk out for 20 mins, turn around and get back to the start 2–3 mins quicker over an undulating route	Rest Consider core exercises	Cross training 45–60 mins easy effort	Rest	40–50 min hilly walk with a mix of brisk and hard efforts using landmarks	Long hike 4.30–4.45 hrs easy walk with the final 60–90 mins to include brisk efforts
10	Rest	Brisk hike 50 min walk, include 4×5 mins brisk effort with 90 sec recovery	Rest Consider core exercises	Cross training 40 mins easy effort	Rest	30–40 min easy walk	Long hike 2.15 hrs easy walk

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
11	Rest	Brisk hike 50 min – walk out for 25 min, turn around and get back to the start 2–3 mins quicker over an undulating route	Rest Consider core exercises	Cross training 45–60 mins easy effort	Rest	45–60 min hilly walk with a mix of brisk and hard efforts using landmarks	Long hike 2.30 hrs easy walk with 3×20 mins at a brisk effort over a undulating route
12	Rest	Brisk hike 60 min with the final 25 mins at brisk effort over an undulating route	Rest Consider core exercises	Cross training 45–60 mins easy effort	Rest	60 min hilly walk with a mix of brisk and hard efforts using landmarks	Long hike 3 hrs easy walk aiming to include 2×30 mins at brisk effort over an undulating route
13	Rest	Brisk hike 30 min easy walk, 30 mins brisk	Rest Consider core exercises	Cross training 50–60 mins easy effort	Rest	60 min hilly walk with a mix of brisk and hard efforts using landmarks	Long hike 5 hrs easy walk allowing breaks for food and rest every 90–105 mins
14	Rest	Brisk hike 45 min walk, include 4×5 mins brisk effort with 90 secs easy recovery	Rest Consider core exercises	Cross training 30–40 mins easy effort	Rest	40 min hilly walk with a mix of brisk and hard efforts using landmarks	Long hike 90–100 min easy walk
15	Rest	Brisk hike 30–40 min walk, include 3×5 mins brisk effort with 90 secs easy recovery	Rest Consider core exercises	15–20 min easy walk	Rest	Event weekend! Good luck!	Event weekend! Good luck!