



Hiking

# Marathon

Flat



## Completing The Plan

This plan is aimed at hikers who have completed the 13.1-mile distance.

You should feel happy hiking at least 10 miles or 3-4 hours continuously at an easy pace, and longer with the aid of short recovery breaks.

The important detail is the weekly total distance, with majority of walks should be done in the 3-4 or 5-6 RPE.

The sessions are walks or hikes, but you can also add cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer.

Take ownership of the plan and adapt it to suit your situation, background, and needs.

It's fine to add more walking but always remember you need to recover well to progress, and you are better to do a little less than too much.

If you are tired, sore, have an illness or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert.

Only start this training plan if you feel confident in your health and we always recommend undergoing a medical check-up with a professional before undertaking any walking training plan.

## Guiding your effort

The plan is written in miles, as you are training for a flat route, try to do the majority of the walks / hikes on flat terrain where possible.

Adding hills will help build up your strength so don't be afraid to include some hills. If you do, then remember that it will be harder so work at a RPE you feel comfortable.

Whilst it says 3 days, any additional walking / hiking that you do will only aid your fitness.

### RPE scale

### What it might feel like....

0

Sat at home in your armchair.

1-2

Very easy walking. Able to fully converse with no effort.

3-4

Easy walking, able to hold a full conversation, you might have to consciously work to slow down. Gentle &amp; relaxed.

4-5

Steady Walking. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours.

6-7

Controlled discomfort. A pace you could hold for 60 mins. You should be able to speak 2-3 words at a time.

8-9

Working hard. Have to work to maintain pace. Breathing strongly &amp; will need recovery occasionally.

10

Working very hard. An effort you can sustain for only short periods before it feels unsustainable.

Week	Session 1	Session 2	Session 3
1	Easy 6 miles - RPE 3-4	Challenging 5 miles - RPE 5-6	Easy 5 miles - RPE 3-4
2	Easy 8 miles - RPE 3-4	Challenging 5 miles - RPE 5-6	Easy 5 miles - RPE 3-4
3	Easy 10 miles - RPE 3-4	Challenging 4 miles - RPE 5-6	Easy 6 miles - RPE 3-4
4	Easy 13 miles - RPE 3-4	Challenging 5 miles - RPE 5-6	Easy 6 miles - RPE 3-4
5 - Recovery	Easy 7 miles - RPE 3-4	Rest	Easy 5 miles - RPE 3-4
6	Easy 16 miles - RPE 3-4	Challenging 6 miles - RPE 5-6	Easy 4 miles - RPE 3-4
7	Easy 19 miles - RPE 3-4	Challenging 6 miles - RPE 5-6	Easy 4 miles - RPE 3-4
8	Easy 23 miles - RPE 3-4	Challenging 5 miles - RPE 5-6	Easy 3 miles - RPE 3-4
9	Easy 10 miles - RPE 3-4	Challenging 3 miles - RPE 5-6	Easy 3 miles - RPE 3-4
10	Easy 6 miles - RPE 3-4	Rest	<b>Hike Day</b>

## Other tips

A successful hiking plan hinges on your physical readiness to tackle the challenge, incorporating these training strategies into your routine will enhance your endurance, strength, and overall performance on the trail.

**Leg Strengthening:** Add exercises like squats, lunges, calf raises, and step-ups into your routine. Focus on balance & stability.

**Core Strengthening:** Exercises such as planks, Russian twists, and mountain climbers will target your core muscles.

**Balance & Stability:** Exercises like single-leg balance, stability ball exercises, and proprioceptive training will improve your balance.

**Flexibility & Mobility:** Stretching exercises for your hamstrings, quadriceps, calves, and hips will improve flexibility and reduce the risk of muscle tightness and injury.

**Incremental Load Increase:** Gradually increase the intensity and duration of your workouts over time. Avoid overtraining.

**Rest & Recovery:** Allow for adequate rest and recovery between workouts to allow your muscles to repair and strengthen. Incorporate rest days into your training schedule and prioritise sleep and proper nutrition to support your body's recovery process.

**Stay Hydrated:** Staying properly hydrated is key to maintaining peak performance. Start hydrating well before your walks / hikes / workouts begins and continue drinking fluids regularly throughout.

Remember to adjust your intake based on weather conditions and exertion levels. Pay attention to your body's signals and drink whenever you feel thirsty to ensure you're adequately hydrated for the duration.



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