



Hiking

Training Plan
25km

In partnership with



COACHING &
CONSULTANCY
runningwithus.com

MACMILLAN
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Core and optional walk, easy effort 30 mins	Walking 30 min walk to include 3×5 mins brisk effort, 2 min easy effort recovery	Rest	Walking 10 min steady walking + 10×90 secs brisk uphill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training (swim, run, bike, cross trainer, rowing) – easy effort, 30 mins	Walking 60 mins easy effort off-road if possible
2	Core and optional walk, easy effort 30 mins	Walking 30 min walk to include 5×4 mins brisk effort, 90 sec easy effort recovery	Rest	Walking 10 min steady walking + 12×90 secs brisk uphill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training 30 mins easy effort	Walking 70–80 mins easy effort off-road if possible
3	Core and optional walk, easy effort 30–40 mins	Walking 40 min walk to include 5×5 mins brisk effort, 90 sec easy effort recovery	Rest	Walking 10 min steady walking + 8×2 mins brisk uphill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training 30–40 mins easy effort	Walking 1 hr 20–30 mins easy effort off-road if possible
4	Core and optional walk, easy effort 30–40 mins	Walking 40 min walk to include 5×5 mins brisk effort, 2 min easy effort recovery	Rest	Walking 10 min steady walking + 10×2 mins brisk uphill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training 30–40 mins easy effort	Walking 1 hr 30–40 mins easy effort off-road if possible
5	Core and optional walk, easy effort 30–40 mins	Walking 20 min walk to include 3×4 mins brisk effort over a hilly route, 2 min easy effort recovery	Rest	Walking 50 min walk to include 4×5 mins brisk effort, 90 sec recovery	Rest	Optional cross training 30–40 mins easy effort	Walking 1 hr 15 mins easy effort off-road if possible

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	Core and optional walk, easy effort 30–40 mins	Walking 45 min walk to include 6×5 mins brisk effort, 90 sec easy recovery	Rest	Walking 10 min steady walking + 8 × 2–3 mins brisk up and downhill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training 30–40 min easy effort	Walking 1 hr 40–50 mins easy effort, off-road if possible
7	Core and optional walk, easy effort 30–40 mins	Walking 45 min walk to include 3×10 mins brisk effort, 120 sec easy recovery	Rest	Walking 10 min steady walking + 3 × 10 mins brisk up and downhill efforts with easy walk back recovery + 10 mins steady walking	Rest	Optional cross training 30–40 min easy effort	Walking 2 hrs easy effort, off-road
8	Core and optional walk, easy effort 30–40 mins	Walking 50–60 min walk to include 3×10 mins brisk effort, 90 sec easy recovery	Rest	Optional cross training 45–60 mins easy effort	Rest	30–45 min 'fartlek' walk using landmarks	Walking 2 hr 15 mins off-road
9	Core and optional walk, easy effort 30–40 mins	Walking 40 min 'out and back' walk – walk out for 20 mins, turn and get back to the start 2–3 mins quicker	Rest	Optional cross training 45–60 mins easy effort	Rest	30–45 min 'fartlek' walk using landmarks	Walking 2.5 hr walk with the final 60–90 mins to include brisk uphill efforts
10	Core and optional walk, easy effort 30–40 mins	Walking 40 min walk to include 4×5 mins brisk effort, 90 sec easy recovery	Rest	Cross training 40 mins easy effort	Rest	Walking 30–40 min easy effort	Walking 3 hrs easy effort

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
11	Core and optional walk, easy effort 30–40 mins	Walking 50 min 'out and back' walk – walk out for 25 mins, turn and get back to the start 2–3 mins quicker	Rest	Optional cross training 45–60 mins easy effort	Rest	45–60 min 'fartlek' walk using landmarks	2 hr 45 min walk with 2×30 mins at brisk effort over an undulating route
12	Core and optional walk, easy effort 30–40 mins	Walking 50 min 'out and back' walk – walk out for 25 mins, turn and get back to the start 2–3 mins quicker	Rest	Optional cross training 45–60 mins	Rest	60 min 'fartlek' walk using landmarks over a hilly route	Walking 3 hrs easy effort
13	Core and optional walk, easy effort 30–40 mins	Walking 45–60 min with the final 25 mins at a brisk effort over an undulating route	Rest	Optional cross training 45–60 mins easy effort	Rest	60 min 'fartlek' walk using landmarks	Walking 3 hr 15 min with 5×10 mins at a brisk effort over an undulating route
14	Core and optional walk, easy effort 30–40 mins	Walking 45–60 min with the final 25 mins at a brisk effort over an undulating route	Rest	Optional cross training 45–60 mins	Rest	45 min 'fartlek' walk using landmarks	Walking 1 hr 40 min walk off-road, with the final 60 mins at a brisk effort over hills
15	Core and optional walk, easy effort 30 mins	Walking 40 min walk to include 5×5 mins brisk effort, 90 sec easy recovery	Rest	Optional cross training 30–45 mins	Rest	30 min 'fartlek' walk using landmarks	Walking 70 mins easy, relaxed effort
16	Core and optional walk, easy effort 30 mins	Walking 30–40 min walk to include 3×5 mins brisk effort, 90 secs easy recovery	Rest	Walking 15–20 min easy effort	Rest	25km Trek. Good luck!	Rest