



Hiking

Training Plan
100km

In partnership with



COACHING &
CONSULTANCY
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MACMILLAN
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Core	Walking 30–40 min walk to include 3×5 mins brisk effort, 2 mins easy effort recovery	Rest	Walking 5 mins easy walking + 8×2 mins brisk up hill efforts with easy effort walk back recovery + 5 min easy walking	Rest	Cross training (run, bike, cross trainer, rowing) easy effort 30 mins	Walking 1 hr 45 mins easy effort over a hilly route
2	Core	Walking 40 min walk to include 5×4 mins brisk effort, 90 sec easy effort recovery	Rest	Walking 5 mins easy walking + 8×2 mins brisk up hill efforts with easy effort walk back recovery + 5 min easy walking	Rest	Cross training 30 mins easy effort	Walking 2 hrs easy effort
3	Core	Walking 45 min walk to include 5×5 mins brisk effort, 90 sec easy effort recovery	Rest	Walking 8 mins easy walking + 6×3 mins brisk up hill efforts with easy effort walk back recovery + 8 min easy walking	Rest	Cross training 30 mins easy effort	Walking 2 hr 15–30 mins easy effort
4	Core	Walking 45 min walk to include 5×5 mins brisk effort, 2 min easy effort recovery	Rest	Walking 10 min steady walking + 8×3 mins brisk up hill efforts with easy effort walk back recovery + 10 min steady walking	Rest	Cross training 30 min progression of 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Walk 2 hr 40 mins with the final 40 mins at a steady effort
5	Core	Walking 30–40 min walk to include 3×4 mins brisk effort, 2 min easy effort recovery	Rest	Walking 45 min walk to include 4×5 mins brisk effort 90 sec easy recovery	Rest	Cross training 30 mins easy effort	Walking 1 hr 45 mins easy effort

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	Core	Walking 60 min walk to include 6×5 mins brisk effort, 90 sec easy recovery	Rest	45 min 'fartlek' walk using landmarks	Rest	Cross training 30 progression of 10 min easy effort, 10 min steady effort, 10 min at threshold effort	Walking 3–3hrs 15 mins easy effort walk over a hilly route with navigation
7	Core	Walking 60 min walk to include 3×10 mins brisk effort, 120 sec easy recovery	Rest	45 min 'fartlek' walk using landmarks including hills	Rest	Cross training 30 progression of 10 mins easy, 10 mins steady, 10 mins threshold effort	Walking 3hr 30 min walk over a hilly route with navigation
8	Core	Walking 45 min walk to include 3×10 mins brisk effort, 90 sec easy recovery	Rest	Cross training 45 min progression of 15 mins easy effort, 15 mins steady effort, 15 mins threshold effort	Rest	30–45 min 'fartlek' walk using landmarks including hills	4 hrs walk with navigation including hills and off-road sections
9	Core	Walking 60–70 min 'out and back' walk – walk out for 35 mins, turn and get back to the start 2–3 mins quicker	Rest	Cross training 45 min progression of 15 mins easy effort, 15 mins steady effort, 15 mins threshold effort	Rest	30–45 min 'fartlek' walk using landmarks including hills	4 hr 30 mins with navigation including hills and off-road sections
10	Core	Walking 60–70 min walk to include 4×5 mins brisk effort, 90 sec easy effort recovery	Rest	Cross training 30 mins easy effort	Rest	Walking 30–40 mins easy effort	Walking Split 3 hrs easy effort walk + 3 hrs steady effort with break for refueling between.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
11	Core	Walking 40 min 'out and back' walk – walk out for 20 mins, turn and get back to the start 2–3 mins quicker	Rest	Walk and stretch 30 mins easy effort	Rest	Walking 45–60 mins 'fartlek' walk using landmarks	Walking 20–30kms easy effort
12	Core	Walking 60–70 mins 'out and back' walk – walk out for 35 mins, turn and get back to the start 2–3 mins quicker	Rest	Cross training 60 min progression of 20 mins easy effort, 20 mins steady effort, 20 mins threshold effort	Rest	Walking 90 min walk over hill terrain pushing a brisk effort up climbs	Walking 7–8 hrs walk with break every 1.5 hrs for fuel and water
13	Core	Walking 70 mins with the final 40 mins at a brisk effort over an undulating route	Rest	Cross training 60 min progression of 20 mins easy effort, 20 mins steady effort, 20 mins threshold effort	Rest	Walking 90–120 min walk over hill terrain pushing a brisk effort up climbs	Walking Full day hike with pack practicing fuelling over hilly and off road terrain aiming to cover 60–70kms
14	Core	Walking 60 mins with the final 25 mins at a brisk effort	Rest	Cross training 60 min progression of 20 mins easy effort, 20 mins steady effort, 20 mins threshold effort	Rest	Walking 75 min walk over hill terrain pushing a brisk effort up climbs	Walking 30km brisk walk
15	Core	Walking 45 min walk to include 5×5 mins brisk effort, 90 sec easy recovery	Rests	Cross training 45 min progression of 15 mins easy effort, 15 mins steady effort, 15 mins threshold effort	Rest	Walking 30 min 'fartlek' walk using landmarks including hills	Walking 2 hrs easy, relaxed effort
16	Rest	Walking 40 min walk to include 3×5 mins brisk effort, 90 sec easy recovery	Rest	Easy walk 30 min	Rest	100km Trek Good luck!!	Rest