



Hiking

Training Plan
50km

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 min brisk effort, 2 min easy effort recovery	Rest	Walking 10 mins 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 min brisk effort, 90 sec easy effort recovery	Rest	Walking 10 mins 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 min brisk effort, 90 sec easy effort recovery	Rest	Walking 10 mins 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 min brisk effort, 90 sec easy effort recovery	Rest	Walking 10 mins 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 min brisk effort, 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 min brisk effort, 90 sec easy recovery	Rest	Walking 10 mins 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 mins 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 min brisk effort, 120 sec easy recovery	Rest	Walking 10 mins 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 mins easy effort	Walking 2 hrs easy effort, off-road if possible
8	Core and optional walk, easy effort 30–40 mins	Walking 50–60 min walk to include 3×10 min 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 easy effort, off-road if possible
9	Core and optional walk, easy effort 30 mins	Walking 40 min 'out and back' walk – walk out for 20 mins, turn and get back to the start 2–3 min quicker	Rest	Optional cross training 45–60 mins	Rest	30–45 min 'fartlek' walk using landmarks	Walking 4 hr walk with the final 60–90 mins to include brisk uphill efforts
10	Core and optional walk, easy effort 30 mins	Walking 40 min walk to include 4×5 min brisk effort, 90 sec easy recovery	Rest	Cross training 40 min easy effort	Rest	Walking 30–40 mins easy effort	Walking 2 hrs easy effort

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11	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 min quicker over an undulating route	Rest	Optional cross training 45–60 mins easy effort	Rest	45–60 min 'fartlek' walk using landmarks	Walking 25km off-road walk with 3 × 3km at a brisk effort over an undulating route
12	Core and optional walk, easy effort 30 mins	Walking 50 min 'out and back' walk – walk out for 25 mins, turn and get back to the start 2–3 min quicker	Rest	Optional cross training 45–60 mins easy effort	Rest	60 min 'fartlek' walk using landmarks over a hilly route	Walking 4–5 hrs easy effort
13	Core and optional walk, easy effort 30 mins	Walking 45–60 mins 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 30–32km off-road walk with the final 10km to include brisk hills
14	Core and optional walk, easy effort 30 mins	Walking 45–60 mins with the final 25 mins at a brisk effort over an undulating route	Rest	Optional cross training 45–60 mins easy effort	Rest	45 min 'fartlek' walk using landmarks	Walking 2 hr 30 mins 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 min brisk effort, 90 sec easy recovery	Rest	Optional cross training 30–45 mins	Rest	30 min 'fartlek' walk using landmarks	Walking 90 mins easy effort, relaxed walk
16	Core and optional walk, easy effort 30 mins	Walking 30–40 min walk to include 3×5 min brisk effort, 90 sec easy recovery	Rest	Walking 15–20 mins easy effort	Rest	50km Trek. Good Luck!	Rest