

Two-day trek training plan

Trekking at peak performance

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is

to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here's a guide for just that.



Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel – the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

*Perceived effort =
1 represents no effort and
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Cross-training 35 mins cross-training: 10 mins easy effort, 15 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 35 mins easy effort run Conditioning 15 mins strength and conditioning + stretch	Walk 40 mins easy effort walk + stretch	Cross-training 40 mins easy cross-training or fitness class	Rest	Cross-training 40 mins easy effort cross-training (can be indoor bike or swimming) + stretch	Walk 80 mins steady effort walk over off road undulating terrain + stretch
Week 2	Rest	Cross-training 35 mins cross-training: 10 mins easy effort, 15 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 35 mins easy effort run Conditioning 15 mins strength and conditioning + stretch	Walk 60 mins easy effort walk + stretch	Cross-training 40 mins easy cross-training or fitness class	Rest	Cross-training 40 mins easy cross-training – include 1, 2, 3, 2, 1 mins at 90% effort with a 60 secs recovery in the middle	Walk 100 mins steady effort walk over off road undulating terrain + stretch
Week 3	Rest	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Walk / Run 5 mins brisk walk, 5 mins easy run, 6 x 2 mins at threshold effort with a 90 secs brisk walk between sets, 5 mins easy run, 5 mins brisk walk cool down	Walk 30 mins brisk walk Conditioning 30 mins conditioning work	Rest	Walk 120 mins steady effort walk over off road undulating terrain + stretch if possible	Walk 60 mins steady effort walk over off road undulating terrain + stretch
Week 4	Rest	Cross-training 30 mins easy effort cross-training or run Conditioning 30 mins strength and conditioning + stretch	Walk / Run 5 mins brisk walk, 5 mins easy run, 6 x 3 mins at threshold effort with a 90 secs brisk walk between sets, 5 mins easy run, 5 mins brisk walk cool down	Walk 30-45 mins easy effort walk Conditioning 15-30 mins strength and conditioning + stretch	Rest	Walk 120 mins steady effort walk over off road undulating terrain + stretch if possible	Walk 75 mins steady effort walk over off road undulating terrain + stretch
Week 5	Rest	Cross-training 30 mins easy effort cross-training or run, 30 mins strength and conditioning + stretch	Walk / Run 5 mins brisk walk, 5 mins easy run, 6 x 3 mins at threshold effort with a 60 secs brisk walk between sets, 5 mins easy run, 5 mins brisk walk cool down	Rest	Cross-training 30 mins easy cross-training or fitness class	Walk 140 mins steady effort walk over off road undulating terrain + stretch if possible	Walk 90 mins steady effort walk over off road undulating terrain + stretch
Week 6	Conditioning 30 mins conditioning work + stretch	Rest	Walk / Run 5 mins brisk walk, 5 mins easy run, 6 x 3 mins at threshold effort with a 60 secs brisk walk between sets, 5 mins easy run, 5 mins brisk walk cool down	Cross-training 40 mins easy cross-training or fitness class	Rest	Walk 160 mins steady effort walk over off road undulating terrain + stretch if possible	Walk 120 mins steady effort walk over off road undulating terrain + stretch
Week 7	Rest	Cross-training 30 mins easy effort cross-training or run, 30 mins strength and conditioning + stretch	Walk / Run 40 mins easy run, alternate: 3 mins running, 1 min walking	Rest	Conditioning 30 mins conditioning work	Walk 180 mins steady effort walk over off road undulating terrain + stretch if possible	Walk 120 mins steady effort walk over off road undulating terrain + stretch
Week 8	Conditioning 30 mins conditioning work + stretch	Walk 45 mins easy effort walk Conditioning 15 mins strength and conditioning + stretch	Walk / Run 5 mins brisk walk, 5 mins easy run, 6 x 3 mins at threshold effort with a 60 secs brisk walk between sets, 5 mins easy run, 5 mins brisk walk cool down	Cross-training 40 mins easy cross-training or fitness class	Rest	Walk 180 mins steady effort walk over off road undulating terrain + stretch if possible	Walk 135 mins steady effort walk over off road undulating terrain + stretch

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Rest	Cross-training 40 mins easy cross-training or gym class	Rest	Walk / Run 40 mins easy run, alternate: 3 mins running with 1 min walking	Rest	Walk 220 mins steady effort walk over off road undulating terrain + stretch	Rest
Week 10	Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class)	Rest	Cross-training 50 mins cross-training (can be indoor bike or elliptical trainer) or 50 mins run – 10 mins easy effort, 5 x 5 mins at threshold effort, 90 secs of easy effort recovery between intervals, 10 mins easy effort + stretch	Walk 45 mins easy effort walk Conditioning 15 mins strength and conditioning + stretch	Rest	Walk 200 mins steady effort walk over off road undulating terrain + stretch	Walk 150 mins steady effort walk over off road undulating terrain + stretch
Week 11	Rest	Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class)	Cross-training 50 mins cross-training (can be indoor bike or elliptical trainer) or 50 mins run – 10 mins easy effort, 5 x 5 mins at threshold effort, 90 secs of easy effort recovery between intervals, 10 mins easy effort + stretch	Walk 45 mins easy effort walk Conditioning 15 mins strength and conditioning + stretch	Rest	Walk 220 mins steady effort walk over off road undulating terrain + stretch	Walk 150 mins steady effort walk over off road undulating terrain + stretch
Week 12	Rest	Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class)	Cross-training 50 mins cross-training (can be indoor bike or elliptical trainer) or 50 mins run – 10 mins easy effort, 5 x 5 mins at threshold effort, 90 secs of easy effort recovery between intervals, 10 mins easy effort + stretch	Rest	Walk 45 mins easy effort walk Conditioning 15 mins strength and conditioning + stretch	Walk 340 mins steady effort walk over off road undulating terrain + stretch	Rest
Week 13	Rest	Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class)	Walk / Run 40 mins easy run, alternate: 3 mins running, 1 min walking	Cross-training 30 mins easy effort cross-training or run, 30 mins strength and conditioning + stretch	Rest	Walk 260 mins steady effort walk over off road undulating terrain + stretch	Walk 120 mins steady effort walk over off road undulating terrain + stretch
Week 14	Rest	Conditioning 45-60mins strength and conditioning + stretch (can be a fitness class)	Walk 60 mins easy effort walk + stretch	Cross-training 50 mins cross-training (can be indoor bike or elliptical trainer) or 50 mins run – 10 mins easy effort, 5 x 5 mins at threshold effort, 60 secs of easy effort recovery between intervals, 10 mins easy effort + stretch	Rest	Walk 120 mins steady effort walk over off road undulating terrain + stretch	Rest
Week 15	Conditioning 45-60mins strength and conditioning + stretch (can be a fitness class)	Rest	Cross-training 45 mins cross-training (can be indoor bike or elliptical trainer) or 45 mins run – 10 mins easy effort, 4 x 5 mins at threshold effort, 60 secs of easy effort recovery between intervals, 10 mins easy effort + stretch	Cross-training 30 mins easy effort cross-training or run + stretch	Walk 45 mins easy effort walk + stretch	Rest	Walk 60 mins steady effort walk over off road undulating terrain + stretch
Week 16	Rest	Cross-training 30 mins easy effort cross-training, walk or run + stretch	Rest	Cross-training 20 mins easy effort cross-training, walk or run + stretch	Rest Plan, prepare and look forward to the weekend's challenge	Trek 	