

## Gherkin 8 Week Training Plan

### Walk only plan


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

Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sept 3</b>	<b>Cross-training</b> 15 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 20 mins easy / steady effort walk over undulating or hilly terrain if possible + stretch	<b>Cross-training</b> 15 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 10 mins warm-up, 2 x (4 x 30 seconds uphill walking at 90 pct effort with an easy effort walk downhill to your starting point) with 120 secs easy effort walk recovery between sets, 10 mins cool-down + stretch	<b>Rest &amp; Stretch</b>
<b>Sept 10</b>	<b>Cross-training</b> 15 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 30 mins easy / steady effort walk over undulating or hilly terrain if possible + stretch	<b>Cross-training</b> 15 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 10 mins warm-up, 2 x (4 x 30 seconds uphill walking at 90 pct effort with an easy effort walk downhill to your starting point) with 120 secs easy effort walk recovery between sets, 10 mins cool-down + stretch	<b>Rest &amp; Stretch</b>
<b>Sept 17</b>	<b>Cross-training</b> 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 30 mins easy / steady effort walk over undulating or hilly terrain if possible + stretch	<b>Cross-training</b> 15 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Training Day</b>	<b>Walk</b> 40 mins easy effort walk + stretch
<b>Sept 24</b>	<b>Rest &amp; Stretch</b>	<b>Cross-training</b> 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Walk</b> 40 mins easy / steady effort walk over undulating or hilly terrain if possible + stretch	<b>Cross-training</b> 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 10 mins warm-up, 2 x (5 x 45 - 60 seconds uphill walking at 90 pct effort with an easy effort walk downhill to your starting point) with 120 secs easy effort walk recovery between sets, 10 mins cool-down + stretch	<b>Walk</b> 45 mins easy effort walk + stretch
<b>Oct 1</b>	<b>Rest &amp; Stretch</b>	<b>Cross-training</b> 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Walk</b> 40 mins easy / steady effort walk over undulating or hilly terrain pushing the inclines to threshold effort please + stretch	<b>Cross-training</b> 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 10 mins warm-up, 2 x (5 x 45 - 60 seconds uphill walking at 90 pct effort with an easy effort walk downhill to your starting point) with 120 secs easy effort walk recovery between sets, 10 mins cool-down + stretch	<b>Walk</b> 45 mins easy effort walk + stretch
<b>Oct 8</b>	<b>Rest &amp; Stretch</b>	<b>Cross-training</b> 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Walk</b> 40 mins easy / steady effort walk over undulating or hilly terrain pushing the inclines to threshold effort please + stretch	<b>Cross-training</b> 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 10 mins warm-up, 2 x (5 x 45 - 60 seconds uphill walking at 90 pct effort with an easy effort walk downhill to your starting point) with 120 secs easy effort walk recovery between sets, 10 mins cool-down + stretch	<b>Walk</b> 50 mins easy effort walk + stretch
<b>Oct 15</b>	<b>Rest &amp; Stretch</b>	<b>Walk</b> 10 mins warm-up, 8 x 60 seconds uphill walking at 90 pct effort with an easy effort walk downhill to your starting point, 10 mins cool-down + stretch	<b>Cross-training</b> 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	<b>Walk</b> 30 mins easy / steady effort walk over undulating or hilly terrain pushing the inclines to threshold effort please + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 10 mins warm-up, 3 x (5 x 45 - 60 seconds uphill walking at 90 pct effort with an easy effort walk downhill to your starting point) with 120 secs easy effort walk recovery between sets, 10 mins cool-down + stretch	<b>Rest &amp; Stretch</b>
<b>Oct 22</b>	<b>Rest</b> Easier this week to ensure that your legs are fresh ahead of Sunday's Challenge	<b>Walk</b> 10 mins warm-up, 5 x 60 seconds uphill walking at 90 pct effort with an easy effort walk downhill to your starting point, 10 mins cool-down + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 20 mins easy effort walk + stretch	<b>Rest &amp; Stretch</b>	<b>Walk</b> 15 mins easy effort walk + stretch	<b>Gherkin Challenge</b> 

If you have any questions then please contact us at [training@nspcc.org.uk](mailto:training@nspcc.org.uk) – good luck!