

## 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
<b>Week 1</b>	<b>Rest</b>	<b>Cross-training</b> 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 <b>Conditioning</b> 15 mins strength and conditioning + stretch	<b>Walk</b> 40 mins easy effort walk + stretch	<b>Cross-training</b> 40 mins easy cross-training or fitness class	<b>Rest</b>	<b>Cross-training</b> 40 mins easy effort cross-training (can be indoor bike or swimming) + stretch	<b>Walk</b> 80 mins steady effort walk over off road undulating terrain + stretch
<b>Week 2</b>	<b>Rest</b>	<b>Cross-training</b> 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 <b>Conditioning</b> 15 mins strength and conditioning + stretch	<b>Walk</b> 60 mins easy effort walk + stretch	<b>Cross-training</b> 40 mins easy cross-training or fitness class	<b>Rest</b>	<b>Cross-training</b> 40 mins easy cross-training – include 1, 2, 3, 2, 1 mins at 90% effort with a 60 secs recovery in the middle	<b>Walk</b> 100 mins steady effort walk over off road undulating terrain + stretch
<b>Week 3</b>	<b>Rest</b>	<b>Cross-training</b> 30 mins easy cross-training <b>Conditioning</b> 30 mins conditioning work	<b>Walk / Run</b> 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	<b>Walk</b> 30 mins brisk walk <b>Conditioning</b> 30 mins conditioning work	<b>Rest</b>	<b>Walk</b> 120 mins steady effort walk over off road undulating terrain + stretch if possible	<b>Walk</b> 60 mins steady effort walk over off road undulating terrain + stretch
<b>Week 4</b>	<b>Rest</b>	<b>Cross-training</b> 30 mins easy effort cross-training or run <b>Conditioning</b> 30 mins strength and conditioning + stretch	<b>Walk / Run</b> 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	<b>Walk</b> 30-45 mins easy effort walk <b>Conditioning</b> 15-30 mins strength and conditioning + stretch	<b>Rest</b>	<b>Walk</b> 120 mins steady effort walk over off road undulating terrain + stretch if possible	<b>Walk</b> 75 mins steady effort walk over off road undulating terrain + stretch
<b>Week 5</b>	<b>Rest</b>	<b>Cross-training</b> 30 mins easy effort cross-training or run, 30 mins strength and conditioning + stretch	<b>Walk / Run</b> 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	<b>Rest</b>	<b>Cross-training</b> 30 mins easy cross-training or fitness class	<b>Walk</b> 140 mins steady effort walk over off road undulating terrain + stretch if possible	<b>Walk</b> 90 mins steady effort walk over off road undulating terrain + stretch
<b>Week 6</b>	<b>Conditioning</b> 30 mins conditioning work + stretch	<b>Rest</b>	<b>Walk / Run</b> 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	<b>Cross-training</b> 40 mins easy cross-training or fitness class	<b>Rest</b>	<b>Walk</b> 160 mins steady effort walk over off road undulating terrain + stretch if possible	<b>Walk</b> 120 mins steady effort walk over off road undulating terrain + stretch
<b>Week 7</b>	<b>Rest</b>	<b>Cross-training</b> 30 mins easy effort cross-training or run, 30 mins strength and conditioning + stretch	<b>Walk / Run</b> 40 mins easy run, alternate: 3 mins running, 1 min walking	<b>Rest</b>	<b>Conditioning</b> 30 mins conditioning work	<b>Walk</b> 180 mins steady effort walk over off road undulating terrain + stretch if possible	<b>Walk</b> 120 mins steady effort walk over off road undulating terrain + stretch
<b>Week 8</b>	<b>Conditioning</b> 30 mins conditioning work + stretch	<b>Walk</b> 45 mins easy effort walk <b>Conditioning</b> 15 mins strength and conditioning + stretch	<b>Walk / Run</b> 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	<b>Cross-training</b> 40 mins easy cross-training or fitness class	<b>Rest</b>	<b>Walk</b> 180 mins steady effort walk over off road undulating terrain + stretch if possible	<b>Walk</b> 135 mins steady effort walk over off road undulating terrain + stretch

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<b>Week 9</b>	Rest	<b>Cross-training</b> 40 mins easy cross-training or gym class	Rest	<b>Walk / Run</b> 40 mins easy run, alternate: 3 mins running with 1 min walking	Rest	<b>Walk</b> 220 mins steady effort walk over off road undulating terrain + stretch	Rest
<b>Week 10</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	Rest	<b>Cross-training</b> 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	<b>Walk</b> 45 mins easy effort walk <b>Conditioning</b> 15 mins strength and conditioning + stretch	Rest	<b>Walk</b> 200 mins steady effort walk over off road undulating terrain + stretch	<b>Walk</b> 150 mins steady effort walk over off road undulating terrain + stretch
<b>Week 11</b>	Rest	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Cross-training</b> 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	<b>Walk</b> 45 mins easy effort walk <b>Conditioning</b> 15 mins strength and conditioning + stretch	Rest	<b>Walk</b> 220 mins steady effort walk over off road undulating terrain + stretch	<b>Walk</b> 150 mins steady effort walk over off road undulating terrain + stretch
<b>Week 12</b>	Rest	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Cross-training</b> 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	<b>Walk</b> 45 mins easy effort walk <b>Conditioning</b> 15 mins strength and conditioning + stretch	<b>Walk</b> 340 mins steady effort walk over off road undulating terrain + stretch	Rest
<b>Week 13</b>	Rest	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Walk / Run</b> 40 mins easy run, alternate: 3 mins running, 1 min walking	<b>Cross-training</b> 30 mins easy effort cross-training or run, 30 mins strength and conditioning + stretch	Rest	<b>Walk</b> 260 mins steady effort walk over off road undulating terrain + stretch	<b>Walk</b> 120 mins steady effort walk over off road undulating terrain + stretch
<b>Week 14</b>	Rest	<b>Conditioning</b> 45-60mins strength and conditioning + stretch (can be a fitness class)	<b>Walk</b> 60 mins easy effort walk + stretch	<b>Cross-training</b> 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	<b>Walk</b> 120 mins steady effort walk over off road undulating terrain + stretch	Rest
<b>Week 15</b>	<b>Conditioning</b> 45-60mins strength and conditioning + stretch (can be a fitness class)	Rest	<b>Cross-training</b> 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	<b>Cross-training</b> 30 mins easy effort cross-training or run + stretch	<b>Walk</b> 45 mins easy effort walk + stretch	Rest	<b>Walk</b> 60 mins steady effort walk over off road undulating terrain + stretch
<b>Week 16</b>	Rest	<b>Cross-training</b> 30 mins easy effort cross-training, walk or run + stretch	Rest	<b>Cross-training</b> 20 mins easy effort cross-training, walk or run + stretch	Rest Plan, prepare and look forward to the weekend's challenge	<b>Trek</b> 	

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