



PREPARING FOR YOUR TREK

YOUR TRAINING GUIDE

Thank you for signing up to take part in the inaugural National Forest Trek, taking place from 9th to 11th September 2022. Your challenge starts here.

We've put together some training guides that will offer insight as to how far, how fast and how often you should train.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





9TH – 11TH SEPTEMBER 2022 YOUR TRAINING GUIDE

At just over 20 miles, our Sunday one-day option will be a significant test of stamina and resolve.

Those undertaking the two-day weekend trek will do more than double this distance. 45 miles in fact.

And then the full three-day trek – the whole 75 miles of the National Forest Way. That's nearly the equivalent of walking a full marathon distance... three days in a row!



So, whatever your fitness and experience level, it is essential that you don't take part without some level of preparation and, to help you, we've put together some training guides that will offer insight as to how far, how fast and how often you should train.

The idea behind these guides is to showcase the key training principles of routine, gradually increasing effort loads and, importantly, sufficient rest periods to allow the body to adapt to the demands of your training load and intensity.

Training schedules

Our 16-week training schedules assume that you will have some base level of fitness and are free from injury and illness. They are designed as 'guides' rather than mandatory instruction and we recommend that you seek out friends, colleagues and fitness trainers who have the experience and knowledge to support you along the way. Those who have had any major, or recent illness should consult their doctor before undertaking the challenge.

In an effort to keep our guides as informative as possible, we have split them into three levels.



Our **BEGINNER** Guide is ideal for those new to long distance walking and / or who have entered the Sunday 20mile one-day trek. If you are walking further and doing the Friday or Saturday one day options, we suggest adapt this schedule.

The **INTERMEDIATE** Guide has been created for those who will undertake the 45mile two-day trek. You'll require a bit more endurance and higher fitness level.

Finally, we have the **EXPERT** guide – designed for those tackling the full 75-Mile Trek.

Preparing for the National Forest Trek – Training Guide

Getting Trek-ready

One of the key objectives for your training will be to prepare both your mind and body for the rigour of a full day's walking and, for most, repeating this over two or three days consecutively.

Significant importance has been placed on the gradual increase in time spent on your feet during your long weekend walk (you should retain flexibility in terms of what actual day of the week this can be undertaken). And once your training regime has been established to a good level you will see that we have recommended a couple of more intensive weekends where you can get used to extended time on your feet on consecutive days.

These walks will be ideal for testing out the actual footwear, apparel and backpack you intend to use for the Trek as well.

Level of intensity

Each guide contains weekly *suggestions* as to the duration and intensity of your training walks.

Those sessions highlighted in **GREEN** should be undertaken at a comfortable level. "Comfortable" means that you would still be able to converse with a training colleague or partner without getting out of breath.

Those sessions highlighted in **ORANGE** are suggested as 'tempo' sessions. These walks should be undertaken at a slightly faster pace, or at a continuous pace over hillier terrain. If you are with a colleague, then you should be able to converse with a full sentence ...but might need to pause for a breath, or three after each. These sessions are not designed to be 'raced' and nor should you feel 'all-in' at the end, but you should view these walking sessions with a real purpose.

Cross-training is an excellent way to build cardio-vascular fitness and general body conditioning – often in a non-weightbearing manner for the legs. There are many options to suit your situation. Step-trainers, elliptical and rowing machines are good. Cycling indoors or out is excellent and swimming can deliver great benefits for body and soul. The underlying principle here is that you receive all the benefits of the workout without putting additional strain and stress on your joints.



FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





20 MILES ONE-DAY TREK

SUNDAY 11TH SEPTEMBER 2022

BEGINNERS TRAINING GUIDE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	45 mins	30 mins X-training	45 mins	Rest	45 mins	75 mins
2	Rest	50 mins	30 mins X-training	50 mins	Rest	50 mins	80 mins
3	Rest	55 mins	35 mins X-training	55 mins	Rest	55 mins	90 mins
4	Rest	60 mins	30 mins X-training	60 mins	Rest	60 mins	105 mins
5	Rest	60 mins	35 mins X-training	60 mins	Rest	50 mins	2hrs
6	Rest	45 mins	35 mins X-training	45 mins	Rest	60 mins	105 mins
7	Rest	60 mins	40 mins X-training	50 mins	Rest	60 mins	2hrs
8	Rest	65 mins	40 mins X-training	65 mins	Rest	65 mins	2½ hrs
9	Rest	70 mins	40 mins X-training	70 mins	Rest	70 mins	3 hrs
10	Rest	75 mins	40 mins X-training	75 mins	Rest	75 mins	3½ hrs
11	Rest	80 mins	40 mins X-training	80 mins	Rest	80 mins	4 hrs
12	Rest	60 mins	30 mins X-training	60 mins	Rest	60 mins	4½ hrs
13	Rest	60 mins	35 mins X-training	65 mins	Rest	60 mins	6 hrs
14	Rest	60 mins	35 mins X-training	80 mins	Rest	60 mins	4½ hrs
15	Rest	60 mins	30 mins X-training	45 mins	Rest	60 mins	2 hrs
16	Rest	45 mins	30 mins X-training	45 mins	30 mins	Rest	TREK DAY

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





45 MILES TWO-DAY TREK

SATURDAY 10TH AND SUNDAY 11TH
SEPTEMBER 2022

INTERMEDIATE TRAINING GUIDE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	60 mins	30 mins X-training	60 mins	Rest	60 mins	105 mins
2	Rest	60 mins	30 mins X-training	60 mins	Rest	60 mins	110 mins
3	Rest	65 mins	35 mins X-training	65 mins	Rest	65 mins	2 hrs
4	Rest	70 mins	30 mins X-training	70 mins	Rest	70 mins	2½ hrs
5	Rest	75 mins	35 mins X-training	75 mins	Rest	70 mins	3 hrs
6	Rest	60 mins	35 mins X-training	60 mins	Rest	70 mins	3½ hrs
7	Rest	75 mins	40 mins X-training	50 mins	Rest	3½ hrs	3½ hrs
8	Rest	65 mins	45 mins X-training	65 mins	Rest	70	4 hrs
9	Rest	70 mins	45 mins X-training	70 mins	Rest	70 mins	4½ hrs
10	Rest	75 mins	45 mins X-training	75 mins	Rest	4 hrs	5 hrs
11	Rest	80 mins	45 mins X-training	80 mins	Rest	90 mins	5½ hrs
12	Rest	75 mins	35 mins X-training	75 mins	Rest	60 mins	7½ hrs
13	Rest	60 mins	45 mins X-training	80 mins	Rest	5 hrs	6 hrs
14	Rest	60 mins	45 mins X-training	90 mins	Rest	5 hrs	6 hrs
15	Rest	75 mins	35 mins X-training	45 mins	Rest	70 mins	3 hrs
16	Rest	60 mins	30 mins X-training	30 mins	Rest	TREK DAY	TREK DAY

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





75 MILES
THREE-DAY TREK
 FRIDAY 9TH TO SUNDAY
 11TH SEPTEMBER 2022

EXPERT TRAINING GUIDE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	75 mins	40 mins X-training	75 mins	Rest	75 mins	2½ hrs
2	Rest	75 mins	40 mins X-training	75 mins	Rest	75 mins	3 hrs
3	Rest	75 mins	45 mins X-training	75 mins	Rest	75 mins	3½ hrs
4	Rest	80 mins	40 mins X-training	80 mins	Rest	80 mins	4 hrs
5	Rest	80 mins	35 mins X-training	80 mins	Rest	80 mins	4½ hrs
6	Rest	80 mins	40 mins X-training	80 mins	Rest	80 mins	5 hrs
7	Rest	80 mins	40 mins X-training	80 mins	Rest	90 mins	5½ hrs
8	Rest	80 mins	45 mins X-training	80 mins	Rest	90 mins	6 hrs
9	Rest	70 mins	35 mins X-training	70 mins	Rest	5½ hrs	6½ hrs
10	Rest	80 mins	40 mins X-training	75 mins	Rest	75 mins	7 hrs
11	Rest	80 mins	40 mins X-training	80 mins	Rest	6 hrs	8 hrs
12	Rest	80 mins	40 mins X-training	80 mins	Rest	75 mins	10 hrs
13	Rest	80 mins	45 mins X-training	80 mins	Rest	8 hrs	7 hrs
14	6 hrs	Rest	30 mins X-training	80 mins	Rest	90 mins	5 hrs
15	Rest	80 mins	30 mins X-training	70 mins	Rest	60 mins	2½ hrs
16	Rest	45 mins	30 mins	Rest	TREK DAY	TREK DAY	TREK DAY

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforesttrek.co.uk / info@nationalforesttrek.co.uk

