



**ENDEAVOURS
ADVENTURES**

Endeavours Adventures' Trekking Training Guide



TRAINING GUIDE

Overview



BEFORE YOU TAKE ON AN EXPERIENCE OF A LIFETIME...

This training plan is designed to **introduce** you to **hill walking** and **increase your stamina** and **strength** in preparation for taking on your trek. This plan, if followed through, should make you feel **confident in completing the challenge**. We recommend you follow the main activities scheduled in each week, but you can move the activities around to **fit your schedule**.



PREPARE FOR THE CHALLENGE



IMPROVE YOUR **PHYSICAL FITNESS**



MENTALLY GET READY TO TAKE ON THE CHALLENGE

Top Tips for Getting Started



1 TRAINING

Use the **stairs** instead of the lift or escalator.

Cycle or walk to work instead of driving.

Aim to **walk 10,000 steps a day** if you are able to.

Do what you can and **listen to your body** – You know yourself best, and any training is better than no training at all!

2 GET ORGANISED

Plan for your training and try to stick to it.

Make sure you have all the essentials packed for every walk you do.

Always wear your hiking boots when hiking – your boots must be worn in before the challenge start date.

Top Tips for Getting Started



3 HEALTH

Aim for 8 hours of sleep a night.

Try to eat lots of healthy carbohydrates, protein, fruit, and vegetables.

Try to also snack regularly on healthy foods between meals, to keep your energy levels high during your long walks.

4 SAFETY

Plan any walking route you take before setting off.

Make sure you pack extra food and water in your bag just in case.

Join a walking group or have friends and family join you on your walks.

Always let someone know where you will be walking/your route and during which times.

HIKING



The best way to train for this challenge is to **do some prior hiking**. Not everyone lives close to hills or hiking routes though, so **using a treadmill is the next best thing**.

Start your training with the treadmill **flat and gradually incline this as you progress**. Try to **vary the speed** during each session to get used to the paces of your guide(s) and fellow team-mates.

Try to hike or use the treadmill **a couple of times a week to fit round your schedule**.

When going on a hike, **choose routes with various gradients and surfaces (e.g. gravel, soil, sand, stones, etc)**.

Even walking for a couple of hours around your local area and trying to find hills around you will help. **Any training is good practice!**

Aim for a longer hike in nature every weekend/every other weekend (block out specific days to dedicate to this).

GYM SESSIONS



Gym sessions are important to help you build **strength in your legs**. This will help with your stamina and endurance.

Make sure you **start off light** and build up into a routine before moving onto heavier weights. Your body needs time to get used to the exercises and **overdoing it at the start may cause injury** which will affect your progress.

You should **speak to a gym instructor** about what exercises will be best for you. Your own personal ability will be a factor in what exercises are recommended by your instructor.

Your main muscle training should focus on your legs and lower half, so you should train your **quads, ham strings, calves, and hip abductors**. Isolation leg exercises are also important for when you are walking uphill and downhill consistently.

The best exercises for leg-focused training are:

- **Squats** (normal, Bulgarian split, pistol, etc)
- **Lunges**
- **Stairs** (Stairmaster machine or actual stairs)
- **Calf raises**
- **Deadlifts** (if more experienced)

Training Guide Code



Core training

Activities or exercises that strengthen your core to prevent injuries or imbalances, such as Pilates or core workout exercises.

Walking and hiking

Activities or exercises that help you adjust to walking long distances over different terrain and elevations.

Leg-focused training

Exercises focused on strengthening your legs to build overall muscle in your body. This focuses on weighted exercises such as isolation leg exercises, squats, leg press, deadlifts etc.

Cross training

Lower impact activities that still get your heart beating faster, such as aerobics, swimming, or cycling.

Weeks 1 - 4 Training

Mon

Core workout or Pilates class and optional 30-minute walk.

Core workout, optional 30-minute walk.

Rest day

Core workout, optional 30-minute walk.

Tues

30-minute walk. Include 3 x 5 minutes brisk walking, with 2 minutes recovery.

Rest day

Core workout, optional 30-minute walk.

1 hour leg-focused training.

Wed

Rest day

30-minute leg-focused training. Optional 5 x 4 minutes brisk walk, with 90 seconds easy recovery.

40-minute walk including 5 x 5 minutes brisk effort, with 90 seconds easy recovery.

Rest day

Thurs

30-minute leg-focused training, with optional 10-minute stairmaster walk to finish.

10 mins steady walking. 12 x 90 seconds brisk uphill efforts with easy walk back recovery. 10 mins steady walking.

Rest day

10 mins steady walking. 10 x 2 minute brisk up hill efforts with easy walk back recovery. 10 mins Steady walking.

Fri

30-minute easy cross training.

Rest day

45-minute leg-focused training, with 10 mins stairmaster.

Optional cross training – easy 30-40 minutes' walk.

Sat

Rest day

Optional cross training – easy 30-minutes' walk.

Optional cross training – easy 30-minutes' walk.

Rest day

Sun

Long walk, 1hr 30 minutes.

Long walk, 1 hour 45 minutes - 2 hours.

Rest day

Long walk, 2 hours 30-45 minutes.

Weeks 5 - 8 Training

Mon

Core workout,
optional 30-
minute walk.

Rest day

Core workout,
optional 30-
minute walk.

Core workout,
optional 30-
minute walk.

Tues

Rest day

Core workout,
optional 30-
minute walk.

45-minute walk
including 3 x 10
minutes brisk
effort, with 120
seconds easy
recovery.

Rest day

Wed

20-minute walk
including 3 x 4
minutes brisk
effort over a hilly
route, 2 minute
easy effort
recovery.

45-minute walk
including 6 x 5
minutes brisk
effort, with 90
seconds easy
recovery.

Rest day

45-minute leg-
focused training.
Optional 2 x 10
minutes brisk
walk, with 90
seconds easy
recovery.

Thurs

45-minute leg-
focused training
with 20- minute
speed walk,
changing your
pace every 5-10
minutes.

Rest day

1 hour
leg-
focused
training.

30-45- minute
speed walk. 10
minute warm up,
then change your
pace every 5-10
minutes.

Fri

Rest day

30-minute leg-
focused
training.
Optional 10
mins
stairmaster
walk.

Optional cross
training - easy
30-40 minutes'
walk.

Rest day

Sat

Optional cross
training - easy
30-40 minutes'
walk..

Long walk, 2
hour 45
minute - 3
hour.

Rest day

Optional cross
training - easy
45-60 minutes.

Sun

Long walk, 1
hour 30-45
minutes.

Rest day

Long walk, 3
hours 45
minutes.

4 hour making
sure the final
60-90 minutes
is hilly.

Weeks 9 - 12 Training

Mon

Rest day

Core workout,
optional 30-
minute walk.

Core workout,
optional 30-
minute walk.

Rest day

Tues

Core workout,
optional 30-
minute walk.

40-minute walk
including 4 x 5
minutes brisk
effort, with 90
seconds easy
recovery.

Rest day

Core workout,
optional 30-
minute walk.

Wed

40 minute 'out and
back' walk - walk
out for 20 minutes,
turn and get back to
the start 2-3 mins
quicker.

Rest day

50 minute 'out
and back' walk -
walk out for 25
minutes, turn and
get back to the
start 2-3 mins
quicker.

50 minute 'out
and back' walk -
walk out for 25
minutes, turn and
get back to the
start 2-3 mins
quicker.

Thurs

Rest day

Cross training -
easy 45-60
minutes.

45 minute leg-
focused training,
with 20- minute
stairmaster walk,
changing your
pace every 5-10
minutes.

Rest day

Fri

45-minute leg-
focused training,
with 20- minute
speed walk,
changing your
pace every 5-10
minutes.

1 hour
leg-
focused
training.

Rest day

45-minute leg-
focused training.
Optional 30-
minute speed
walk, changing
your pace every
5-10 minutes.

Sat

4-4.5-hour walk
with the final 60-
90 minutes
including brisk
uphill efforts.

Rest day

Optional cross
training - easy
45-60 minutes.

5-6-hour easy
walk.

Sun

Rest day

2 hours easy
walk.

25km walk with 3
x 3km at a brisk
effort over an
elevated route.

Rest day

Weeks 13 - 16 Training

Mon

Core workout,
optional 30-
minute walk.

Core workout,
optional 30-
minute walk.

Rest day

Core workout,
optional 30-
minute walk.

Tues

45-60- minute
walk with the
final 25 at a
brisk effort over
an elevated
route.

Rest day

Core workout,
optional 30-
minute walk.

30-minute leg-
focused training
with 15-minute
stairmaster walk
including 5 x 5
minutes brisk effort,
with 90 seconds
easy recovery.

Wed

Rest day

45-60- minute
walk with the
final 25 at a brisk
effort over an
elevated route.

40-minute walk
including 5 x 5
minutes brisk
effort, with 90
seconds easy
recovery.

Rest day

Thurs

10 minute
warm up
stairmaster,
then 45-minute
leg-focused
training.

1 hour
leg-
focused
training.

Rest day

30-minute speed
walk. 10 minute
warm up, then
change your pace
every 5-10
minutes.

Fri

Optional cross
training – easy
45-60 minutes.

Rest day

45-minute leg
focused training.
Optional 30-
minute speed
walk, changing
your pace every
5-10 minutes.

Optional cross
training – 30-
45 minutes.

Sat

Rest day

Optional cross
training – 30 -
45 minutes.

90 minute easy
relaxed walk.

Rest day

Sun

20km walk
with the final
10km including
brisk hills.

2-hour 30
minute walk
with the final 60
minutes at a
brisk effort over
hills.

Rest day

5-6-hour easy
walk.

Weeks 17 and 18 Training

Mon

Core workout,
optional 30-minute walk.

Tues

Rest day

Wed

30-minute leg-focused training.
Optional 40-minute walk.

Thurs

30-minute speed walk. 10 minute warm up, then change your pace every 5-10 minutes.

Fri

Rest day

Sat

Optional cross training – 30-45 minutes.

Sun

90 minute easy relaxed walk.

Rest day

Core workout,
optional 30-minute walk.

30-40-minute walk including 3 x 5 minutes brisk effort, with 90 seconds

30-minute leg-focused training.
Optional 20-30-minute easy walk.

Rest, and make sure you have everything on your kit list!

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CHALLENGE STARTS!



A message from us...



Congratulations for
signing up to this
incredible challenge - you
are going to **SMASH IT!**

Always consult a doctor before starting a new exercise plan and make sure you follow any advice given. Be sure to tell your doctor about any pre-existing medical conditions that may affect your training.

Our plan is for guidance only as everyone has different abilities and fitness levels. If you want a tailored plan, you should consult a personal trainer or gym professional. By using this plan, you accept that exercise itself can be a dangerous activity and you further accept responsibility for your own actions.

Endeavours Adventures accepts no liability for any injuries or accidents howsoever caused by use of this plan.



Need anything else?



If you need anything at all, just email the team on team@endeavoursadventures.com, and we'll be there to answer any queries.



@endeavoursadventures



Endeavours Adventures