



# ASPIRE ADVENTURES TREK TRAINING GUIDE

A 16 week guide suitable for all trip grades to allow you to steadily progress.

Ensure you are honest with yourself about your fitness levels and allow more time if necessary. Building fitness and stamina is key to your preparation no matter what the terrain or altitude of your challenge is like and this guide will help you prepare for it.

# TRAINING DIARY

## Week 1 - Building up gently



### Key Focus:

- Make sure your walking boots are of good quality
- Establish a routine that works for you
- Focus on foot motion

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Flexible	Outdoor
Time	1 hour	30 mins to 1 hour			30 mins to 1 hour		30 mins to 1 hour
Detail of Session	We've built Monday in as a rest day so you can recharge from the previous week and recover. Recovery days will help you build muscle too so it's important you take a break.	Today choose an activity that will raise that pulse rate. Swimming, cycling, pilates, yoga, gym classes - all of these will help achieve this.	Aim to walk briskly for 1 hour if you can., but stop earlier if it feels too much. Make sure you're walking firmly as well and maintaining a brisk but steady speed.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances	Go for up to an hour's walk. If you visit the gym you can build this into your usual routine to improve fitness.	Check the weather forecast and if it's looking good you can get outside for another brisk 1 hour walk. If it's not so great use one of the other activities from previous days.	Get outdoors, try and mix the terrain up a bit. On flat walks your aim should be around 6 miles, if it's hilly go for slightly less. Keep notes of your route and time.
Hints and Tips	Make sure you have good quality walking boots for your trip. Ensure they still have plenty of grip if they are an older pair, with a reasonably high ankle and stiff heel counter and a firm yet comfortable midsole.	Make sure you choose an activity that you will enjoy and suits you. so you will stay motivated and don't forget to stretch!	If you're boots are new ensure you wear them in around the house before attempting anything longer to avoid blisters. Try to fit in a brisk walk each day, this could be before or after work or in your lunch hour		If you visit the gym try the treadmill on an incline or use the stair climber which will also help you build up important core strength. You can also ask an instructor for any exercises they recommend for trekking.	Prepare now for tomorrow's walk. Make sure you've got your kit together and only carry what you'll need for now.	Nail your walking technique from the start. Make sure you're touching the ground heel first, roll forward through the arch, over the ball of your foot and towards your toes. This helps you then push off on your next step.

# TRAINING DIARY

## Week 2 - Preparing your kit



### Key Focus:

- Walk daily and add it to your routine
- Introduce trekking poles if you plan to use them
- Wear your day sack when out walking

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor/In	Flexible	Outdoor/Gym	Flexible	Outdoor
Time		1 hour	1 hour		1 hour		1-2 hours
Detail of Session	Use this day to rest and feel awesome about completing your first week Ensure your rest day is the same each week to allow your body to adapt to the training ahead.	Raise your pulse and choose an activity to get you going for the week ahead.	If you can do, this session outdoors, and walk a little further and faster each week.	This day you can choose which activity you do depending on your ongoing commitments and it will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym. Start tracking your progress to see your improvement week by week.	Check the weather forecast and go out when the weather is best. Ensure your kit is prepared ready to take with you.	Go for your second big walking session. Mix it up and try walking new places each time. Aim for 6 miles with a mixture of terrain and note how long it takes so you can see your improvement.
Hints and Tips	If you have your itinerary for your main trip, read it regularly to keep you motivated. Trekking poles reduce the impact on your knees, and help over uneven ground. If you plan to use these implement them now.	Yoga and pilates are great for building core strength and flexibility. It will help you with your balance and posture if you find yourself on uneven terrain and help you to stay grounded.	If you're finding it difficult to fit in an hours walk, you can split it into two thirty minute brisk walks. You could try getting off public transport a stop or 2 early if you use it or you could try parking further away to get these walks in.		Think about the kit you'll need and the weather conditions you may face on your main trip. Start getting used to carrying your kit in your day sack with you so you get used to the weight. Practice packing your day sack each day.	Start cleaning your boots after each walk to get into the rhythm and routine. Use warm water and a soft brush after each walk. This will ensure they are keeping their performance. Avoid getting them wet as they risk loosing their shape.	If you're suffering from aching arches the likely cause is pounding when you walk. Practice your technique of hitting the ground heel first and pushing off with your toes to help reduce this.

# TRAINING DIARY

## Week 3 - Tackling steps and hills



### Key Focus:

- Build hills into your training
- Think about your diet
- Vary the terrain you walk on

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor/In	Flexible	Outdoor/Gym	Flexible	Outdoor
Time	1 hour	1 hour	1 hour	1 hour	2-3 hours		
Detail of Session	Use this day to recharge and rest and get ready for the week ahead.	Aim for an hour to help build up your aerobic endurance.	If you haven't already try varying your terrain and incorporate at least 5 minutes of walking up hill or stairs.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	Check the weather forecast and go out when the weather is best. Ensure your kit is prepared ready to take with you.	This week focus on hill walking if you are able too. You don't need to do the steepest or longest, different gradients will help with stamina, even gentle ones.
Hints and Tips	If your boots aren't waterproof treat them so they are ready for your next walk. You can purchase these from outdoor shops and there is a wide variety of products to chose from.	Finding an activity you enjoy or use this session as an opportunity to try new things.	Walking on different terrains helps build stamina and endurance, so even if your planned main walk is flat, adding this in now will help with overall fitness.		Try and vary your sessions as much as you can, use a different route or terrain to Wednesday's walk if you're outside. This will help with your motivation.	Maintain a good diet whilst you train. Regular exercise will help with weight loss, so whilst you don't need to embark on a strict diet, try not to undo all your work!.	If shin pains are an issue (also known as shin splints) walk at a slower pace as a warm up before increasing your speed. Focus on your foot motion and ensuring it rolls.

# TRAINING DIARY

## Week 4 - Rest week with a walk



### Key Focus:

- Recover and rest
- Find a walking buddy
- Think about your posture when walking

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Rest	Rest	Rest	Cross	Flexible	Outdoor
Time					1 hour		2-3 hours
Detail of Session	It's time to take a break and rest, congratulations for getting this far and keep going!				Even in rest weeks we still need to do some exercise. Choose an activity you enjoy.	Check the weather forecast and go out when the weather is best. Ensure your kit is prepared ready to take with you.	Make sure you keep up with the weekend walk. You can either choose your favourite walk from the last 3 weeks or if you have been doing the same one, try to change it this time.
Hints and Tips	If foot pain or blisters are becoming an issue make sure you seek medical advice.	We'll be ramping it up next week so use this time to recover, even if you are finding it easy so far.	You could see if you can find a walking buddy to help make the walks more enjoyable or even join a local walking group.				Aim to improve your posture. Walk tall and straight, if it helps imagine a piece of string running through your spine and out of the top of your head. Shoulders should be back and relaxed.

# TRAINING DIARY

## Week 5 - Posture, Hydration and Nutrition



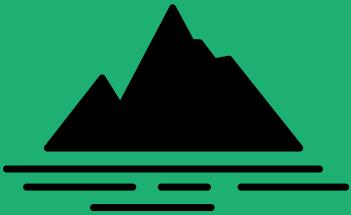
### Key Focus:

- Consecutive days of walking
- Consider posture of the head and neck
- Focus on nutrition and hydration

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Outdoor	Outdoor
Time		1 hour	1 hour		1 hour	1 hour	3 hours
Detail of Session	This week we are stepping it up so ensure you check the time for activities.	Aim for an hour to help build up your aerobic endurance.	Continue to walk briskly for 1 hour on a variety of terrains and gradients. Add in 5 minutes of steep uphill or steps.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	Check the weather forecast and go out when the weather is best. Ensure your kit is prepared ready to take with you and wear your boots and day sack and use poles if you choose.	If you're finding it tough, you can shorten this walk but alter up the terrain and add in some hills. Build stamina by walking on consecutive days where you can.
Hints and Tips	Well fitting and dry boots will help to avoid blisters. Try to prevent anything such as grit or sand from getting into socks as well. If your feet get hot you could try using talcum powder on them before putting on your socks.	Do not forget to stretch after exercise.	When walking uphill focus on your posture as well, as this is when it can be lost.		Make sure you are eating well a day or two before each walk and fuelling yourself with carbohydrates and protein to keep your energy up. Hydrate well before each walk starting again a day or two before. This will make cramp less likely.	Have a snack prepared for when you're out. Dried fruit and nuts or flapjacks are ideal or something sugary like jelly babies will give you a great boost. Keep well hydrated.	If shin pains are an issue (also known as shin splints) walk at a slower pace as a warm up before increasing your speed. Focus on your foot motion and ensuring it rolls.

# TRAINING DIARY

## Week 6 - Terrain



### Key Focus:

- Vary your terrain on your walks
- Look at blister care
- Try out different socks

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Outdoor	Outdoor
Time		1 hour	1 hour		1 hour	1 hour	4 hours
Detail of Session	Use this day to kick back and rest up	This sessions aim is to build your aerobic endurance so keep it up.	Walk briskly for 1 hour and increase uphill walking or terrain. Focus on posture and practice with poles if you will be using them.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	Check the weather forecast and go out when the weather is best. Ensure your kit is prepared ready to take with you and wear your boots and day sack and use poles if you choose.	We're going to up this to 4 hours this week and include as much variety of terrain as you can. This will help you build stamina and use different muscles and ultimately boost your confidence.
Hints and Tips	Hydration is so important so keep this at the fore front of your mind at all times.	Find an exercise you enjoy for this session to keep at it.	To keep moving and hydrated try something like a hydration bladder to save stopping and starting. This is a good point to try these and find one that suits you and to get used to how they work.	Now is the time to also make sure you have the right socks and gain the perfect fit in different conditions. Try different thicknesses to see what suits you best, you could try a thin liner sock inside your thicker socks.		Warning signs of blisters forming are hot spots on your foot. Stop immediately and cover the hot spot with zinc oxide tape and/or a dressing. Changing into fresh socks may also help.	Nail your walking technique. Let your arms swing naturally when you walk, but not too high. Bend at the elbows which will help increase your pace and keep your hands as relaxed as possible.

# TRAINING DIARY

## Week 7 - Different weather conditions



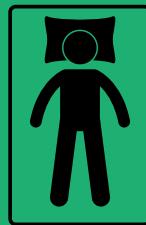
Key Focus:

- Mindset
- Focus on your stride
- Get out in all weather conditions

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Outdoor	Outdoor
Time	1 hour		1 hour		1 hour	2 hour	4 hours
Detail of Session	Use this day to kick back and rest up	This sessions aim is to build your aerobic endurance so keep it up.	Walk briskly for 1 hour and increase uphill walking or terrain.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	On your main trip you'll be walking for about 8 hours a day. So increasing your walking time gradually will help you meet this goal. Use the half-way point to stop and have some lunch.	4 hours is our aim this weekend for the main walk. Remember to vary that terrain and gradient as much as you can.
Hints and Tips			You should now feel comfortable walking with your day sack. Gradually increase the amount you carry so when it comes to the main trip it's not a shock as to how much you need to carry.	Walking up hills means you'll see some incredible views! This is a great motivator so find some beauty spots for your weekend walks.		Whilst it's not always possible to match the climate of your destination for your main trek, it will help you enormously to have walked in all different conditions from high wind, to rain, heat and cold	Using core muscles are important for getting your stride right, so try not to lead with your foot. Remember your technique, don't over stride to avoid stress on joints. As your hip flexibility increases so will your stride.

# TRAINING DIARY

## Week 8 - Rest week with a walk



### Key Focus:

- Rest and recovery
- Assess your pace
- Choose your favourite walk so far

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Rest	Rest	Rest	Outdoor/Gym	Flexible	Outdoor
Time					1 hour		2-4 hours
Detail of Session	Time to rest up this week, it's well deserved!				Even in rest weeks it's key to add in some exercise. Choose a day to do either outdoor, gym or cross work for an hour.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Keep up the longer weekend walk and chose your favourite route so far.  Enjoy yourself - we're on week 8 and you're doing great.
Hints and Tips					Don't forget to keep stretching.		Aim for an average pace of 3mph on flat terrain.

# TRAINING DIARY

## Week 9 -10 - Build distance



### Key Focus:

- Plan some hill walks for the weekend
- Look at alternative ways to lace your boots
- Walking pace for longer distances

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Outdoor	Outdoor
Time	1 hour	1 hour +		1 hour	2-3 hours		6 hours
Detail of Session	Use this day to kick back and rest up	This sessions aim is to build your aerobic endurance so keep it up.	Walk briskly for 1 hour and increase uphill walking or terrain. You can extend this session if you wish, just don't overdo it.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	Keep varying the terrain and gradient where you can. Embrace the weather, you'll be out in all sorts on your main trek. Repeat this routine in week 10.	We're approaching a full day of walking now, remember your posture and walking technique, Compare the pace of this walk with shorter walks and see if your stamina needs building.
Hints and Tips		Find an exercise or activity you enjoy for this session to keep at it.	Introduce more uphill walking into this session as well. Or walk up and down steps.		If you're worried about tomorrow's six hour walk, make today's a hill walk and tomorrow do a flatter walk. Take lots of healthy snacks with you now on the longer walks to keep energy levels up. And keep hydrated!		Keep toenails trimmed to avoid blackened toenails. If your heels slip in your boots, try lacing your boots to avoid heel slippage, you can find various ways of lacing boots on the Cotswold Outdoor's website.

# TRAINING DIARY

## Week 11- 12 - Expanding on your prep



### Key Focus:

- Awareness of altitude
- Preparation and walking safely
- Check your day-sack fits correctly

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Outdoor	Outdoor
Time	1 hour	1 - 2 hours		1 hour	4 hours		6 hours
Detail of Session	Use this day to kick back and rest up	This sessions aim is to build your aerobic endurance so keep it up.	Ensure you continue to walk briskly to make the most from this walk. Include at least 15 minutes of uphill or steps walking to increase your stamina.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	Keep varying the terrain and gradient where you can.. Repeat this week again in week 12 to consolidate your fitness.	We're now really close to a full days walking. If you're struggling with this amount of time, chose a flatter walk whilst you consolidate your fitness.
Hints and Tips	There is little specific preparation you can do if your main trip is at altitude and the challenges it will bring. Stamina will help to combat fatigue so focus on building that and your overall fitness levels to help you overcome obstacles	Find an exercise or activity you enjoy for this session to keep at it. You can expand this session if you wish - just don't overdo it!	You should now be carrying your day sack with you as it will be on your main trip. Ensure this fits correctly by adjusting the straps and that the weight is sitting on your hips, not your shoulders.		If you're heading out to remote or hilly locations make safety a priority. Have an OS map, first aid kit and phone in your day sack. Make sure someone knows your route and the time you anticipate to be out.		Keep a strong mental approach, the mind is a powerful tool Try breaking your walk into smaller chunks, schedule in rest stops and a lunch break. Most importantly enjoy the walk, there's no rush, take in the views and scenery.

# TRAINING DIARY

## Week 13- 14 - Weather and hills



### Key Focus:

- Walk in different altitudes
- Maintain a good uphill pace
- Try to match the terrain on your main trip

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Outdoor	Outdoor
Time	1 hour	1 - 2 hours		1 hour	6 hours	6 hours	
Detail of Session	Use this day to kick back and rest up	This sessions aim is to build your aerobic endurance so keep it up.	Ensure you continue to walk briskly to make the most from this walk. Include at least 15 minutes of uphill or steps walking to increase your stamina.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	Keep varying the terrain and gradient where you can.. Repeat this week again in week 14 to consolidate your fitness.	Try to now match the terrain of your main trip as closely as you can. Although this isn't always possible varying terrain will give you a breadth of experience and increase stamina.
Hints and Tips		Make sure you keep stretching.			A good tip for walking uphill is to maintain a pace where you can easily still talk. Keep your breathing under control by taking deep breathes in through your nose which will increase oxygen levels.		The higher you go the more likely you are to meet different and challenging weather. To ensure you're ready make sure you test out your kit in as many conditions as possible and this will boost your confidence too.

# TRAINING DIARY

## Week 15 - Walking big this weekend



### Key Focus:

- Boost your confidence
- Make the most of your 2 full days walking
- We're now close to your main trip!

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Outdoor	Outdoor
Time	1 hour	1 - 2 hours		1 hour	8 hours	8 hours	
Detail of Session	Use this day to kick back and rest up.	This sessions aim is to build your aerobic endurance so keep it up.	Ensure you continue to walk briskly to make the most from this walk. Include at least 15 minutes of uphill or steps walking to increase your stamina.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	Keep varying the terrain and gradient where you can..	Well done for getting this far, today should be fun if you've done all the preparation work.
Hints and Tips	Get your plans in place now for your big weekend of walking ahead. Try to pick some new routes to keep up your motivation or even use the opportunity for a break away somewhere new.	Make sure you keep stretching.	Practice packing for your main trip including organising your kit and keeping under any trekking weight limits.	Focus on your nutrition for the weekend ahead and plan ahead now.	Do your most challenging route of the weekend today, your first day. You should now have a good understanding of your capabilities, so don't stretch yourself too far. Make sure the weekend is enjoyable and your confidence will really get a boost.	You can walk with a friend or a local group as talking helps make the walks go faster. This is a long weekend to spend on your own. If you're finding it hard at times don't forget to break the day down into chunks which will make it feel more manageable.	

# TRAINING DIARY

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Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Cross	Outdoor	Flexible	Outdoor/Gym	Outdoor	Outdoor
Time	1 hour	1 - 2 hours		1 hour	8 hours	8 hours	
Detail of Session	Use this day to kick back and rest up	This sessions aim is to build your aerobic endurance so keep it up.	Ensure you continue to walk briskly to make the most from this walk. Include at least 15 minutes of uphill or steps walking to increase your stamina.	This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances.	Take an hour to go for a walk or visit the gym.	Keep varying the terrain and gradient where you can..	Well done for getting this far, today should be fun if you've done all the preparation work.
Hints and Tips	Get your plans in place now for your big weekend of walking ahead. Try to pick some new routes to keep up your motivation or even use the opportunity for a break away somewhere new.	Make sure you keep stretching.	Practice packing for your main trip including organising your kit and keeping under any trekking weight limits.	Focus on your nutrition for the weekend ahead and plan ahead now.	Do your most challenging route of the weekend today, your first day. You should now have a good understanding of your capabilities, so don't stretch yourself too far. Make sure the weekend is enjoyable and your confidence will really get a boost.	You can walk with a friend or a local group as talking helps make the walks go faster. This is a long weekend to spend on your own. If you're finding it hard at times don't forget to break the day down into chunks which will make it feel more manageable.	

# TRAINING DIARY

## Week 16 - Slowing down



### Key Focus:

- Rest and recovery
- Final preparations
- Enjoy your main trip!

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Session Type	Rest	Rest	Rest	Rest	Flexible	Outdoor	Outdoor
Time					1 hour	Up to 2 hours	Up to 2 hours
Detail of Session	This is your final rest week. Use it to recuperate from the weekend, you did a fantastic job!				This day you can choose which activity you do depending on your ongoing commitments and will allow you to adjust things around depending on your circumstances. Even on rest weeks we do some exercise.	There's just two short walks in this weekend to keep your stamina up. Don't forget to add in hills if you can.	As we're doing shorter walks here why not take the family along so they can see all the work you have been putting in? Enjoy this and good luck for your main trip - you are now fully prepared!
Hints and Tips	It's really important to taper off in the build up to your big trip. Be calm and confident.	Use the time this week to make sure you are truly prepared. Check your kitlist and make sure you have everything you need.					