



**Trek**26

**London**

**1 June 2019**

**Your  
13 mile  
training  
plan**



## Hello, and welcome to the team!

Thank you so much for taking on Trek26 London for Alzheimer's Society. We hope you're looking forward to the incredible adventure ahead.

The big day is going to be tough and you'll certainly need to get your training in. But you needn't worry; we will be here for you until the big day and ensure you triumphantly cross that finish line.

I've been working in partnership with the team at Alzheimer's Society for several years now. I am a professional training coach and really do know my stuff (honest)!

The plan below should be used as a general guide to your training. We recommend you try and stick to the suggested five sessions that have been pencilled in each week, but feel free to move these around to fit your schedule.

If you have any questions, drop us an email to [info@runningwithus.com](mailto:info@runningwithus.com) and we'll be happy to help!

Nick and the Challenge Team

[info@runningwithus.com](mailto:info@runningwithus.com)  
[www.runningwithus.com](http://www.runningwithus.com)

### A bit about Nick...

Nick is an England Athletics coach and manages GB squads at events such as the World Half Marathon Championships. Having coached hundreds of athletes from beginners through to Olympians, Nick is one of Europe's most highly respected coaches.



**'Unbelievably  
knacking... but  
very exhilarating  
and worthwhile.  
Make sure you  
train for it!'**

Alice, 2018 Trek26-er



# Trek26 London - 13 mile training plan

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> w/c 25 Feb 2019	Rest  <input type="checkbox"/>	40 minute walk to include 4 x 5 minutes steady to brisk effort, with 90s easy recovery in between  <input type="checkbox"/>	30-40 minute easy walk  <input type="checkbox"/>	<b>£60 could connect people with dementia and volunteers to enjoy hobbies and activities by paying for a Side by Side service to run for two hours. Add this fact to your JustGiving page, to show your supporters the difference their donation will make.</b>  <input type="checkbox"/>	Optional 30-40 minute easy cross training  <input type="checkbox"/>	Easy 90 minute walk to include rolling terrain  <input type="checkbox"/>	Easy 1 hour 20-30 minutes off road if possible  <input type="checkbox"/>
<b>Week 2</b> w/c 4 March 2019	Rest  <input type="checkbox"/>	40 minute walk to include 4 x 5 minutes steady to brisk effort, with 60s easy recovery in between  <input type="checkbox"/>	40-50 minute easy walk  <input type="checkbox"/>	Rest  <input type="checkbox"/>	Optional 30-40 minute easy cross training  <input type="checkbox"/>	Easy 1hr 40 minute walk to include rolling terrain  <input type="checkbox"/>	Easy 1 hour 30-40 minutes off road if possible  <input type="checkbox"/>
<b>Week 3</b> w/c 11 March 2019	Rest  <input type="checkbox"/>	30-40 minute walk to include 3 x 5 minutes steady to brisk effort, with 2 minute easy recovery in between  <input type="checkbox"/>	40-50 minute easy walk  <input type="checkbox"/>	<b>Host a cake sale at work, enjoy some tasty treats and ask colleagues for a small donation.</b>  <input type="checkbox"/>	Optional 30-40 minute easy cross training  <input type="checkbox"/>	Easy 1hr 50 minute walk with hills or some off road walking  <input type="checkbox"/>	Easy 1 hour 15 minutes off road if possible  <input type="checkbox"/>
<b>Week 4</b> w/c 18 March 2019	Rest  <input type="checkbox"/>	50 minute walk to include 12 minutes, 10 minutes, 8 minutes at a brisk effort with 2 minute easy recovery in between  <input type="checkbox"/>	Rest  <input type="checkbox"/>	8 mins easy walking + 8 x 1 minute brisk up hill efforts with easy walk back recovery + 5 mins easy walking  <input type="checkbox"/>	Optional 30 minute easy cross training  <input type="checkbox"/>	Easy 75-90 minute walk  <input type="checkbox"/>	Easy 1 hour 40 - 50 minutes off road  <input type="checkbox"/>

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Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 5</b> w/c 25 March 2019	Rest  <input type="checkbox"/>	50-60 minute walk to include 3 x 10 minutes brisk effort, with 2 minute easy recovery in between  <input type="checkbox"/>	Rest  <input type="checkbox"/>	8 mins easy walking + 8 x 1 minute brisk up hill efforts with easy walk back recovery + 8 mins easy walking  <input type="checkbox"/>	Easy 2 hour walk over mixed terrain with hills  <input type="checkbox"/>	30-40 minute hill 'fartlek' walk using landmarks  <input type="checkbox"/>	2 hours easy and off road  <input type="checkbox"/>
<b>Week 6</b> w/c 1 April 2019	Rest  <input type="checkbox"/>	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker  <input type="checkbox"/>	Rest  <input type="checkbox"/>	8 mins steady walking + 8 x 90s brisk up hill efforts with easy walk back recovery + 8 mins steady walking  <input type="checkbox"/>	Rest  <input type="checkbox"/>	Optional 30-40 minute easy cross training  <input type="checkbox"/>	2 hour 30 minute walk with the final 20-30 minutes at a steady effort  <input type="checkbox"/>
<b>Week 7</b> w/c 8 April 2019	Rest  <input type="checkbox"/>	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 3 mins quicker  <input type="checkbox"/>	Rest  <input type="checkbox"/>	10 mins steady walking + 10 x 90s minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking  <input type="checkbox"/>	<b>Woah, you're half way there! Hold a karaoke night and ask friends to donate a small amount to come along.</b>	Optional 30-40 minute easy cross training  <input type="checkbox"/>	Easy 2 hour 30-40 minute walk mixing tarmac and off road if possible  <input type="checkbox"/>
<b>Week 8</b> w/c 15 April 2019	Rest  <input type="checkbox"/>	40 minute walk to include 4 x 5 minutes brisk effort, with 90s easy recovery in between  <input type="checkbox"/>	<b>£150 would pay for one of our National Dementia Helpline Advisors to provide 10 hours of crucial support to people affected by dementia.</b>  <b>Why not share this fact on Facebook with a link to your JustGiving page?</b>	30 minute easy cross training  <input type="checkbox"/>	Rest  <input type="checkbox"/>	Optional 30 minute easy cross training  <input type="checkbox"/>	10km steady walk  <input type="checkbox"/>

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Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 9</b> w/c 22 April 2019	Rest  <input type="checkbox"/>	45 minutes with a brisk sustained effort for final 25 minutes  <input type="checkbox"/>	Rest  <input type="checkbox"/>	30 minute easy walk and stretch  <input type="checkbox"/>	Rest  <input type="checkbox"/>	Optional 40-50 minute easy cross training  <input type="checkbox"/>	3 hour easy walk over mixed terrain with the final 60 minutes at a steady effort  <input type="checkbox"/>
<b>Week 10</b> w/c 29 April 2019	Rest  <input type="checkbox"/>	50-60 minutes with a brisk sustained effort for final 25 minutes  <input type="checkbox"/>	Rest  <input type="checkbox"/>	45-60 minute 'fartlek' walk using landmarks including hills  <input type="checkbox"/>	<b>Host a Come Dine with Me night and ask all your guests for a small donation to take part.</b>	Optional 40-50 minute easy cross training  <input type="checkbox"/>	3 hour 15 minute walk with all your kit, food and drink you are going to use on the day  <input type="checkbox"/>
<b>Week 11</b> w/c 6 May 2019	Rest  <input type="checkbox"/>	60 minutes with 30 minute easy / 30 minutes brisk effort  <input type="checkbox"/>	Rest  <input type="checkbox"/>	45-60 minute 'fartlek' walk using landmarks including hills  <input type="checkbox"/>	Rest  <input type="checkbox"/>	Optional 40-50 minute easy cross training  <input type="checkbox"/>	3 hour 15 minute walk with a steady to brisk effort in the final 60 minutes.  <input type="checkbox"/>
<b>Week 12</b> w/c 13 May 2019	Rest  <input type="checkbox"/>	50-60 minutes to include brisk efforts of 6 minutes, 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute all with a 60-90 second easy walk recovery  <input type="checkbox"/>	Rest  <input type="checkbox"/>	45-60 minute 'fartlek' walk using landmarks including hills  <input type="checkbox"/>	<b>Hold a sweepstake asking people to guess your finishing time. The closest person to your actual time wins half the takings.</b>	Optional 30-40 minute easy cross training  <input type="checkbox"/>	2 hour walk with 60 minutes easy, 60 minutes steady-brisk effort  <input type="checkbox"/>

# Trek26 London - 13 mile training plan

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 13</b> w/c 20 May 2019	Rest  <input type="checkbox"/>	50-60 minutes to include brisk efforts of 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute all with a 60-90 second easy walk recovery  <input type="checkbox"/>	Rest  <input type="checkbox"/>	40 minute 'fartlek' walk using landmarks including hills  <input type="checkbox"/>	Rest  <input type="checkbox"/>	Rest or Cross training – 30 minutes  <input type="checkbox"/>	70 minute easy relaxed walk  <input type="checkbox"/>
<b>Week 14</b> w/c 27 May 2019	Rest  <input type="checkbox"/>	30-40 minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery  <input type="checkbox"/>	Rest  <input type="checkbox"/>	30 minute easy walk  <input type="checkbox"/>	<b>You've completed your training - well done! With the big day tomorrow, get plenty of rest today and an early night.</b>	<b>The big day is finally here. Good luck!</b>	<b>YOU DID IT! Huge congratulations. Be sure to update your profile picture today with a finish line selfie and let everybody know just how much you've achieved!</b>

# Top Tips

## 1. Get organised

Make a plan for your training, and try to stick to it. There will be days that you have to swap or miss out, but having a plan means you're much more likely to fit in your training walks around your busy schedule. You'll also enjoy the trek much more on the day if you've trained properly.

## 2. It's not just about training

Most people thinking about preparing for a trek just focus on their training, but sleep and nutrition are also really important. Your body needs to recover from your training sessions so you become fitter and stronger. Aim for eight hours of sleep a night and 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.

## 3. Get your friends involved

Make your training fun by trekking with friends and family or joining a local walking group. We find the miles pass much quicker when you are chatting, and you might also inspire someone else to sign up and take on this epic challenge too!



# Top Tips

## 4. Be safe

Before you set off, plan your route and take a map with you just in case. Pack extra food and water in your bag, so you have plenty to keep you going.

## 5. Listen to your body

Follow the training plan above, but make sure you also listen to your body. If you are sore you might be about to get injured, so rest, stretch more, and cross train instead of walking. If you are tired you might also need more rest.

## 6. Do what you can

Sometimes life gets in the way, and that's ok! Whether it's looking after your kids, moving house or a new job - there will always be something which will impact your training. When this happens, just try to do what you can. Something is always better than nothing! Go for a quick 30 minute walk in your lunch hour, or park further from your office than you normally would and walk in.



# Thank You

We just wanted to take a minute to say a massive thanks for signing up to this epic challenge - we know you're going to absolutely smash it!

When your training gets tough, just remember that every step is helping us get closer to a cure. It's thanks to inspiring people like you that we are able to continue being there for everyone affected by dementia.

If you need anything at all, just email the team on [challenge@alzheimers.org.uk](mailto:challenge@alzheimers.org.uk), and we'll be delighted to help you!

We'll be in touch again soon, but until then - keep trekking!

Best wishes,

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