Trek26

Hadrian's Wall

10 August 2019

Your 26 mile training plan

Alzheimer's Society
United Against Dementia

Hello, and welcome to the team!

Thank you so much for taking on Trek26 Hadrian's Wall 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** and we'll be happy to help!

Nick and the Challenge Team

info@runningwithus.com
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 knackering... but very exhilarating and worthwhile. Make sure you train for it!'

Alice, 2018 Trek26-er

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How should each walk feel?

Our training plans work you in a range of different ‘effort zones’ in order to add variety into your training and to more effectively develop your strength and get you ready for the big day. The scores after each type of walk are out of 10, which is personal to you and how you feel.

Easy walk: you should be able to easily have a chat, feel relaxed and fully in control. (3/10)

Steady walk: you should still be able to hold a conversation, but it will be slightly strained. You should feel in control, but be breathing slightly heavier and putting more effort into each of your steps. (5/10)

Brisk walk: you should be able to talk between breaths but only a few words. In this zone, you should be taking faster, more powerful strides and getting your heart rate up. (7/10)

Intervals: in this zone, you should be completing shorter, higher intensity blocks of power walking, over hilly terrain if possible to get your heart pumping fast (9/10)

It can be difficult to know how fast you should be walking at first. When you start your training all you need to do is get out and walk at an easy pace, where you can easily hold a conversation. If you can’t talk comfortably you’re going too fast – simple as that!

Glossary

Rest

Rest should be as important as walking in your training schedule. We've included a lot of it in your plan, as your body needs rest to recover and adapt to the training sessions you are doing. Listen to your body, and take more rest if you need it.

Long walks

These are really important to make you feel confident in taking on 26 miles on the day. Try to increase the time on your feet in their sessions first, instead of worrying about the distance you are walking. Use these sessions to practice wearing your kit and testing out the food and drink that you are going to use on the day.

Hill walking

This strengthens you muscles, and prepares you for the hills that you'll take on during the challenge. A typical hill training sessions involves walking up with a strong stride, then turning immediately and head down the hill at an easy pace, before repeating this.

Fartlek

This is a Swedish term that means 'speed play'. It involves a number of bursts of high intensity walking with recovery in between. You can do these easily when you are out between lampposts, trees or other landmarks and these sessions can be great fun to do with friends.

Cross training

It's important that your training is balanced by lower impact activities to prevent you from picking up an injury. On the cross training days you can do anything that gets your heat beating faster, like swimming, cycling or aerobics.

Core workout

It also important to build a strong core to prevent injuries and imbalances. You can do this through going to your local Pilates class or just doing some simple core exercise at home. Keep this gentle though, so it doesn't leave you too tired to go on your walks.

Trek26 Hadrian's Wall - 26 mile training plan

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 w/c 22 April 2019	Core workout and optional easy walk 30-60 minutes ☐	30 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery ☐	Rest ☐	10 mins steady walking + 10 x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking ☐	**Kick start your fundraising by setting up a JustGiving page. If you've already set up your page, now's the perfect time to add a training update and share it on social media!**	Optional cross training (swim, run, bike, cross trainer, rowing) – easy 30 minutes walk ☐	Easy walk 90 minutes off road if possible ☐
Week 2 w/c 29 April 2019	Core workout and optional easy walk 30-60 minutes ☐	30 minute walk to include 5 x 4 minutes brisk effort, 90s easy recovery ☐	Rest ☐	10 mins steady walking + 12 x 90s brisk up hill efforts with easy walk back recovery + 10 mins steady walking ☐	Rest ☐	Optional cross training – easy 30 minutes walk ☐	Easy 1hr 45 minutes walk off road if possible ☐
Week 3 w/c 6 May 2019	Core workout and optional easy walk 30-60 minutes ☐	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery ☐	Rest ☐	10 mins steady walking + 8 x 2 minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking ☐	**£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.**	Optional cross training – easy 30-40 minutes walk ☐	Easy 2 hours walk off road if possible ☐
Week 4 w/c 13 May 2019	Core workout and optional easy walk 30-60 minutes ☐	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery ☐	Rest ☐	10 mins steady walking + 10 x 2 minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking ☐	Rest ☐	Optional cross training – easy 30-40 minutes walk ☐	Easy 2 hours 20-30 minutes walk off road if possible ☐

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Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 w/c 20 May 2019	Core workout and optional easy walk 30 minutes ☐	20 minute walk to include 3 x 4 minutes brisk effort over a hilly route, 2 minute easy effort recovery ☐	Rest ☐	50 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery ☐	**Host a cake sale at work, enjoy some tasty treats and ask colleagues for a small donation.**	Optional cross training – easy 30-40 minutes walk ☐	Easy 1 hour 30-45 minutes walk off road if possible ☐
Week 6 w/c 27 May 2019	Core workout and optional easy walk 30-60 minutes ☐	45 minute walk to include 6 x 5 minutes brisk effort, 90s easy recovery ☐	Rest ☐	10 mins steady walking + 8 x 2-3 minute brisk up and down hill efforts with easy walk back recovery + 10 mins steady walking ☐	Rest ☐	Optional cross training – easy 30-40 minutes walk ☐	Easy 2 hour 45 minute - 3 hour walk off road ☐
Week 7 w/c 3 June 2019	Core workout and optional easy walk 30-60 minutes ☐	45 minute walk to include 3 x 10 minutes brisk effort, 120s easy recovery ☐	Rest ☐	10 mins steady walking + 3 x 10 minute brisk up and down hill efforts with easy walk back recovery + 10 mins steady walking ☐	Rest ☐	Optional cross training – easy 30-40 minutes walk ☐	3 hours 30 minutes easy walk and off road ☐
Week 8 w/c 10 June 2019	Core workout and optional easy walk 30-60 minutes ☐	50-60 minute walk to include 3 x 10 minutes brisk effort, 90s easy recovery ☐	Rest ☐	Optional cross training – easy 45-60 minutes walk ☐	**Woah, you're half way there! Hold a karaoke night and ask friends to donate a small amount to come along.**	30-45 minute 'fartlek' walk using landmarks	3 hour 45 minutes walk off road making sure the final 60-90 minutes is hilly ☐

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Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9 w/c 17 June 2019	Core workout and optional easy walk 30-60 minutes ☐	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker ☐	Rest ☐	Optional cross training – easy 45-60 minutes walk ☐	Rest ☐	30-45 minute 'fartlek' walk using landmarks ☐	4 hour walk with the final 60-90 minutes to include brisk up hill efforts ☐
Week 10 w/c 24 June 2019	Core workout and optional easy walk 30-60 minutes ☐	40 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery ☐	Rest ☐	40 minute easy cross training ☐	**£150 would pay for one of our National Dementia Helpline Advisors to provide 10 hours of crucial support to people affected by dementia.**	30-40 minute easy walk ☐	2 hours walk all easy ☐
Week 11 w/c 1 July 2019	Core workout and optional easy walk 30-60 minutes ☐	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins quicker ☐	Rest ☐	Optional cross training – easy 45-60 minutes walk ☐	Rest ☐	45-60 minute 'fartlek' walk using landmarks ☐	25km off road walk with 3 x 3km at a brisk effort over a undulating route ☐
Week 12 w/c 8 July 2019	Core workout and optional easy walk 30-60 minutes ☐	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins quicker ☐	Rest ☐	Optional cross training – easy 45-60 minutes walk ☐	**Host a Come Dine with Me night and ask all your guests for a small donation to take part.**	60 minute 'fartlek' walk using landmarks over a hilly route ☐	4-5 hour easy walk ☐

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Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13 w/c 15 July 2019	Core workout and optional easy walk 30-60 minutes ☐	45-60 minutes walk with the final 25 at a brisk effort over and undulating route ☐	Rest ☐	Optional cross training – easy 45-60 minutes walk ☐	Rest ☐	60 minute 'fartlek' walk using landmarks ☐	30-32km off road walk with the final 10km to include brisk hills ☐
Week 14 w/c 22 July 2019	Core workout and optional easy walk 30-60 minutes ☐	45-60 minutes with the final 25 at a brisk effort over and undulating route ☐	Rest ☐	Optional cross training – easy 45-60 minutes walk ☐	**Hold a sweepstake asking people to guess your finishing time. The closest person to your actual time wins half the takings.**	45 minute 'fartlek' walk using landmarks ☐	2 hour 30 minute walk off road with the final 60 minutes at a brisk effort over hills ☐
Week 15 w/c 29 July 2019	Core workout and optional easy walk 30-40 minutes ☐	40 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery ☐	Rest ☐	Optional cross training – 30-45 minutes walk ☐	Rest ☐	30 minute 'fartlek' walk using landmarks ☐	90 minute easy relaxed walk ☐
Week 16 w/c 5 August 2019	Core workout and optional easy walk 30 minutes ☐	30-40 minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery ☐	Rest ☐	15-20 minute easy walk ☐	**You've completed your training - well done! With the big day tomorrow, get plenty of rest today and an early night.**	**The big day is finally here. Good luck!**	**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!**

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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 due to being tired or injured, 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!

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, and we'll be delighted to help you!

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

Best wishes,

The Challenge Team
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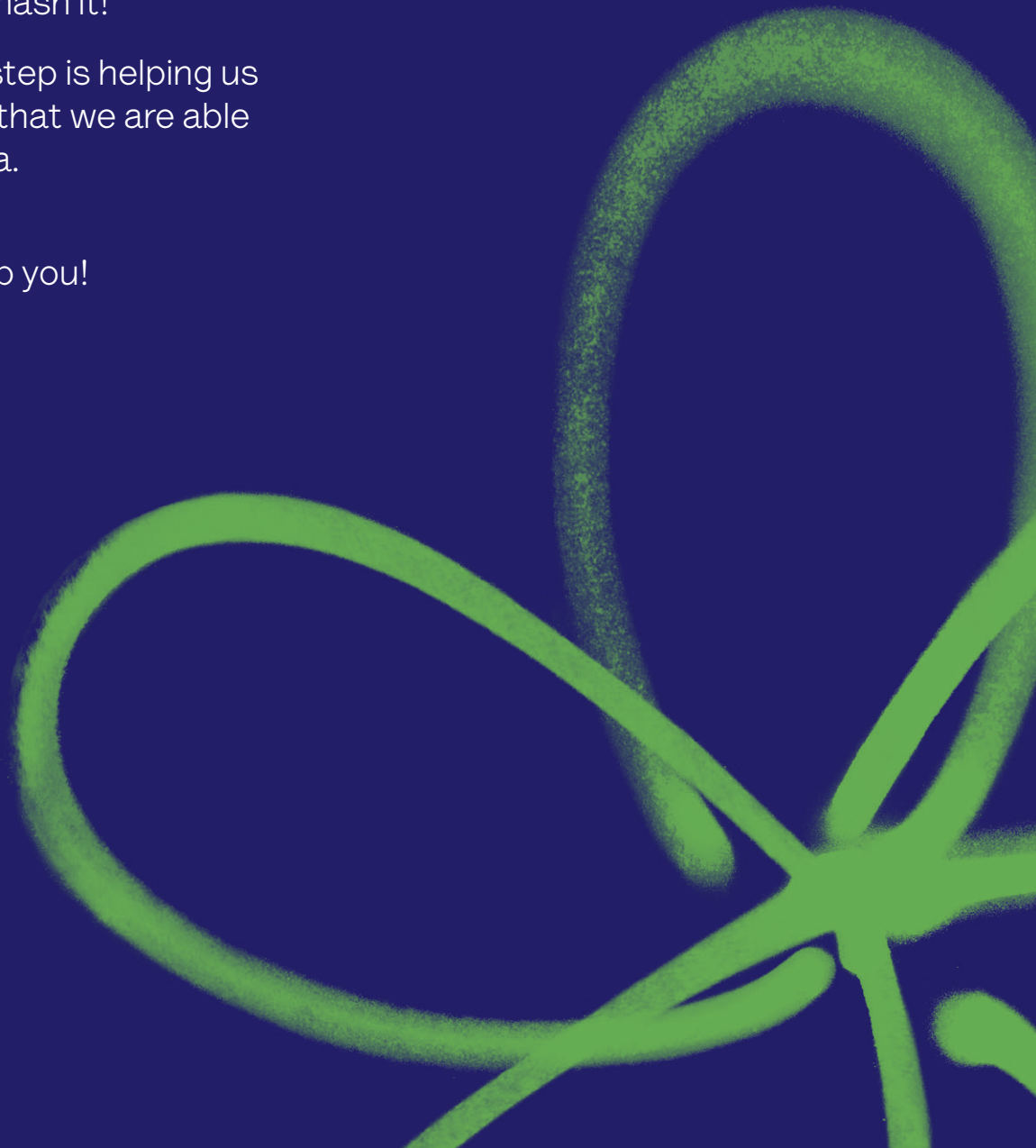
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