



**Everest
Base Camp
Trek**

**Your
training
plan**



Everest Base Camp Trek

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Monday's are hard enough which is why we have built this in as a rest day. <input type="checkbox"/>	30 minute walk to include 3x4 minutes brisk effort, 2 minute easy effort recovery <input type="checkbox"/>	Happy Christmas - Enjoy a rest day! <input type="checkbox"/>	30 minutes - 1 hour outdoor walk to work off that turkey. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	£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	1 - 2 hour easy walk. Aim for about six miles. <input type="checkbox"/>
Week 2	Rest <input type="checkbox"/>	1 hour walk. If you're struggling to find time, break this into two 30 min sessions. <input type="checkbox"/>	Happy New Year - Enjoy a rest day! <input type="checkbox"/>	30 minutes - 1 hour outdoor walk or gym session. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	Rest <input type="checkbox"/>	1 - 2 hour easy walk. Try a different route for variety and a change in terrain. <input type="checkbox"/>
Week 3	Rest <input type="checkbox"/>	30 minute walk to include 3x5 minutes brisk effort, 90 seconds easy effort recovery <input type="checkbox"/>	Rest day <input type="checkbox"/>	30 minutes - 1 hour outdoor walk or gym session. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	Host an afternoon tea for friends and family asking for a donation	2 - 3 hour walk. Aim to walk some hills, both steep and slow and steady. If the land is flat aim for 3 hours. <input type="checkbox"/>
Week 4	Hooray - your first rest week. Well done, you've earned it! <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest <input type="checkbox"/>	2 - 3 hour walk. Aim to walk some hills, both steep and slow and steady. If the land is flat aim for 3 hours. <input type="checkbox"/>
Week 5	Rest <input type="checkbox"/>	30 minute walk to include 3x5 minutes brisk effort, 90 seconds easy effort recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	1 hour outdoor walk or gym session. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	One hour walk. Ensure you're wearing in your boots and backpack and try walking with poles if you haven't already. <input type="checkbox"/>	Three hour walk over a hilly route. <input type="checkbox"/>

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Week 10	Host a Come Dine With Me night and ask all your guests for a donation.	Suggested one hour walk however if you would like to extend this slightly, please do! <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute 'out and back' walk. Walk out for 20 minutes then turn and get back to the start 2-3 minutes quicker <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	Two - three hour walk. Ensure to stay well fueled so you can go again tomorrow. <input type="checkbox"/>	Six hour walk. If you tire and slow as the day goes on, don't worry, just keep building your stamina. <input type="checkbox"/>
Week 11	Rest <input type="checkbox"/>	One - two hour walk including 4 x 5 minute brisk effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	1 hour outdoor walk or gym session. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	Four hour walk. <input type="checkbox"/>	Six hour walk. Not long now until your full day of walking. <input type="checkbox"/>
Week 12	Rest <input type="checkbox"/>	One - two hour walk including 4 x 5 minute brisk effort. <input type="checkbox"/>	Hold a sweepstake to guess the time you will reach Everest Base Camp!	1 hour outdoor walk or gym session. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	Four hour walk. <input type="checkbox"/>	Six hour walk. Not long now until your full day of walking. <input type="checkbox"/>
Week 13	Rest <input type="checkbox"/>	One - two hour walk including 4 x 5 minute brisk effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	1 hour outdoor walk or gym session. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	Six hour walk. Continue to vary the terrain and gradient. <input type="checkbox"/>	Eight hour walk. Your first full day of walking! <input type="checkbox"/>
Week 14	Rest <input type="checkbox"/>	One - two hour walk including 4 x 5 minute brisk effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	1 hour outdoor walk or gym session. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	Six hour walk. Continue to vary the terrain and gradient. <input type="checkbox"/>	Eight hour walk. As the weather gets warmer ensure you're hydrating well. <input type="checkbox"/>

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Week 15	Rest <input type="checkbox"/>	One - two hour walk including 4 x 5 minute brisk effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	1 hour outdoor walk or gym session. <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	Eight hour walk. Walking for a full day back to back will give you a good idea of what to expect when on your trek. <input type="checkbox"/>	Eight hour walk. You did it! <input type="checkbox"/>
Week 16	Hooray - your final rest week! Well done - you've earned it. <input type="checkbox"/>	Rest <input type="checkbox"/>	Relax <input type="checkbox"/>	Recover <input type="checkbox"/>	1 hour activity such as swimming, cycling, yoga or tennis <input type="checkbox"/>	One last two hour walk in the hills. <input type="checkbox"/>	Enjoy a walk with family and friends who have supported you along your journey. <input type="checkbox"/>

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- Always substitute cross training for walking if you are injured, very sore or it is not safe to train outdoors.
- Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Fuel your long walks well with regular snacking on healthy carbohydrates and protein and sipping water throughout.

Top Tips

1. Get organised

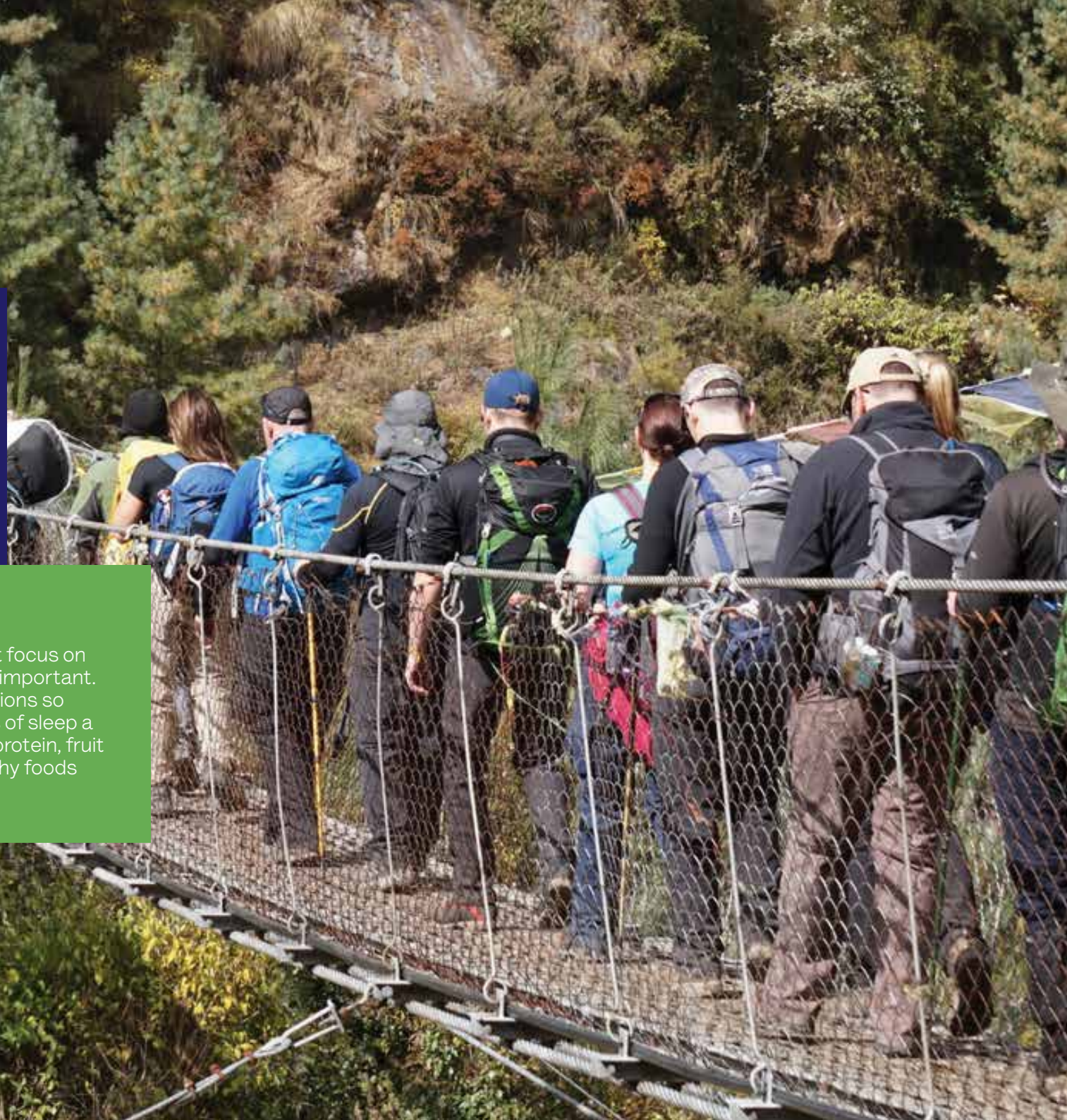
Make a plan for your training and try to stick to it. There will be days that you have to swap or miss out, but having a plan means you're much more likely to fit in your training walks around your busy schedule. You'll also enjoy the trek much more on the day if you've trained properly.

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

A photograph of a Tibetan Buddhist stupa, a large stone structure with a golden top, surrounded by numerous colorful prayer flags. The stupa is set against a clear blue sky. The prayer flags are strung in long lines, creating a vibrant, multi-colored canopy around the structure. The stupa itself has a large, stylized eye symbol on its side, and a red and yellow striped band near the top. The overall scene is bright and clear, suggesting a high-altitude or mountainous location.

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 to Everest Base Camp - 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,

Lucy and the Challenge Team
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0330 333 0804

