

A wide-angle photograph of a coastal landscape. In the foreground, two hikers are walking along a dirt path that runs along a grassy cliff edge. They are both wearing backpacks and using trekking poles. The hiker on the left is wearing a blue and green patterned shirt and a grey cap, while the hiker on the right is wearing a green and black patterned shirt and sunglasses. In the background, the path leads down to a small beach and a large natural rock archway (Durdle Door) that frames a view of the sea. The sky is blue with scattered white clouds.

Action Challenge Trek

Your 100km training plan



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

Hello, and welcome to the team!

Thank you so much for taking on an Action Challenge Trek for Alzheimer's Society. We hope you're looking forward to the incredible adventure ahead.

It is going to be tough and you'll certainly need to get your training in. But you needn't worry. We'll 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



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.



Action Challenge Trek 100km training plan

Date	Momday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Core <input type="checkbox"/>	30-40 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	5 mins easy walking, 8 x 2 minute brisk up hill efforts with easy walk back recovery, 5 minutes easy walking <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.	Cross training (run, bike, cross trainer, rowing) – easy 30 minutes <input type="checkbox"/>	Easy 1 hour 45 minutes over a hilly route <input type="checkbox"/>
Week 2	Core <input type="checkbox"/>	40 minute walk to include 5 x 4 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	5 minutes easy walking, 8 x 2 minute brisk up hill efforts with easy walk back recovery, 5 minutes easy walking <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – easy 30 minutes <input type="checkbox"/>	Easy 2 hours <input type="checkbox"/>
Week 3	Core <input type="checkbox"/>	45 minute walk to include 5 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	8 minutes steady walking, 6 x 3 brisk up hill efforts with easy walk back recovery, 8 minutes steady walking <input type="checkbox"/>	Host a cake sale at work, enjoy some tasty treats and ask colleagues for a small donation.	Cross training – easy 30 minutes <input type="checkbox"/>	Easy 2 hours 15-30 minutes <input type="checkbox"/>
Week 4	Core <input type="checkbox"/>	45 minute walk to include 5 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	10 minutes steady walking, 8 x 3 minute brisk up hill efforts with easy walk back recovery, 10 mins steady walking <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold' <input type="checkbox"/>	2 hours 40 minutes with the final 40 minutes at a steady effort <input type="checkbox"/>
Week 5	Core <input type="checkbox"/>	30-40 minute walk to include 3 x 4 minutes brisk effort, 2 minute easy effort recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute walk to include 4 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – easy 30 minutes <input type="checkbox"/>	Easy 1 hour 45 minute walk <input type="checkbox"/>



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Date	Momday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	Core <input type="checkbox"/>	60 minute walk to include 6 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute 'fartlek' walk using landmarks <input type="checkbox"/>	£150 would pay for one of our National Dementia Helpline Advisors to provide 10 hours of crucial support to people affected by dementia. Why not share this fact on Facebook with a link to your JustGiving page? <input type="checkbox"/>	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold' <input type="checkbox"/>	Easy 3 hours – 3 hours 15 minute walk over a hilly route with navigation <input type="checkbox"/>
Week 7	Core <input type="checkbox"/>	60 minute walk to include 3 x 10 minutes brisk effort, 120 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute 'fartlek' walk using landmarks including hills <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold' <input type="checkbox"/>	3 hours 30 minutes over a hilly route with navigation <input type="checkbox"/>
Week 8	Core <input type="checkbox"/>	45 minute walk to include 3 x 10 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold' <input type="checkbox"/>	Woah, you're half way there! Hold a karaoke night and ask friends to donate a small amount to come along. <input type="checkbox"/>	30-45 minute 'fartlek' walk using landmarks including hills <input type="checkbox"/>	4 hours walk with navigation including hills and off road sections <input type="checkbox"/>
Week 9	Core <input type="checkbox"/>	60-70 minute 'out and back' walk – walk out for 35 minutes, turn and get back to the start 2-3 minutes quicker <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold' <input type="checkbox"/>	Rest <input type="checkbox"/>	30-45 minute 'fartlek' walk using landmarks including hills <input type="checkbox"/>	4 hours 30 minutes with navigation including hills and off road sections <input type="checkbox"/>



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Date	Momday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	Core <input type="checkbox"/>	60-70 minute walk to include 4 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute easy cross training <input type="checkbox"/>	Host a Come Dine with Me night and ask all your guests for a small donation to take part.	30-40 minute easy walk <input type="checkbox"/>	Split 3 easy hours walk + 3 hours steady with break for refueling between <input type="checkbox"/>
Week 11	Core <input type="checkbox"/>	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 minutes quicker <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute easy walk and stretch <input type="checkbox"/>	Rest <input type="checkbox"/>	45-60 minute 'fartlek' walk using landmarks <input type="checkbox"/>	20-30km easy walk <input type="checkbox"/>
Week 12	Core <input type="checkbox"/>	60-70 minute 'out and back' walk – walk out for 35 minutes, turn and get back to the start 2-3 minutes quicker <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold' <input type="checkbox"/>	Hold a sweepstake asking people to guess your finishing time. The closest person to your actual time wins half the takings.	90 minute walk over hill terrain pushing a brisk effort up climbs <input type="checkbox"/>	7-8 hour walk with break every 1.5 hours for fuel and water <input type="checkbox"/>
Week 13	Core <input type="checkbox"/>	70 minutes with the final 40 at a brisk effort <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold' <input type="checkbox"/>	Rest <input type="checkbox"/>	90-120 minute walk over hill terrain pushing a brisk effort up climbs <input type="checkbox"/>	Full day hike with pack practicing fuelling over hilly and off road terrain aiming to cover 60-70km <input type="checkbox"/>
Week 14	Core <input type="checkbox"/>	60 minutes with the final 25 at a brisk effort <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold' <input type="checkbox"/>	Rest <input type="checkbox"/>	75 minute walk over hill terrain pushing a brisk effort up climbs <input type="checkbox"/>	30km brisk walk <input type="checkbox"/>



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Date	Momday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15	Core <input type="checkbox"/>	45 minute walk to include 5 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold' <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute 'fartlek' walk using landmarks including hills <input type="checkbox"/>	2 hour easy relaxed walk <input type="checkbox"/>
Week 16	Core <input type="checkbox"/>	40 minute walk to include 3 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute easy walk <input type="checkbox"/>	Rest <input type="checkbox"/>	100km Trek	100km Trek

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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 core conditioning, pilates or yoga classes once or twice a week if you have time.
- ▶ Try to stretch every day for at least 10 minutes.
- ▶ 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!

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 **events@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 Events Team

events@alzheimers.org.uk
0300 222 5808

Nick at RunningWithUs

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