

Action Challenge Trek

Your 25km 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 25km training plan

Date	Momday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Core <input type="checkbox"/>	30 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	10 minute steady walking + 8 x 90 second brisk up hill efforts with easy walk back recovery + 10 minute steady 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. <input type="checkbox"/>	Rest or optional cross training (swim, run, bike, cross trainer, rowing) – easy 30 minutes <input type="checkbox"/>	Easy walk 60 minutes off road if possible <input type="checkbox"/>
Week 2	Core <input type="checkbox"/>	30 minute walk to include 5 x 4 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	10 minute steady walking + 10 x 90 second brisk up hill efforts with easy walk back recovery + 10 minute steady walking <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 30 minutes <input type="checkbox"/>	Easy 70-80 minutes off road if possible <input type="checkbox"/>
Week 3	Core <input type="checkbox"/>	40 minute walk to include 5 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	10 minute steady walking + 12 x 90 second brisk up hill efforts with easy walk back recovery + 10 minute steady walking <input type="checkbox"/>	Host a cake sale at work, enjoy some tasty treats and ask colleagues for a small donation. <input type="checkbox"/>	Rest or optional cross training – easy 30-40 minutes <input type="checkbox"/>	Easy 1 hour 20-30 minutes off road if possible <input type="checkbox"/>
Week 4	Core <input type="checkbox"/>	40 minute walk to include 5 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	10 minute steady walking + 6-8 x 2 minute brisk up hill efforts with easy walk back recovery + 10 minute steady walking <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 30-40 minutes <input type="checkbox"/>	Easy 1 hour 30-40 minutes off road if possible <input type="checkbox"/>
Week 5	Core <input type="checkbox"/>	30-40 minute walk to include 4 x 4 minutes brisk effort over a hilly route, 2 minute easy effort recovery <input type="checkbox"/>	Rest <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"/>	Rest or optional cross training – easy 30-40 minutes <input type="checkbox"/>	Easy 1 hour 15 minutes off road if possible <input type="checkbox"/>



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Week 6	Core <input type="checkbox"/>	45 minute walk to include 6 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	10 minutes steady walking + 8 x 2-3 minute brisk up and down hill efforts with easy walk back recovery + 10 minutes steady walking <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"/>	Rest or optional cross training – easy 30-40 minutes <input type="checkbox"/>	Easy 1 hour 40-50 minutes off road <input type="checkbox"/>
Week 7	Core <input type="checkbox"/>	45 minute walk to include 3 x 10 minutes brisk effort, 120 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 30-40 minutes <input type="checkbox"/>	Rest <input type="checkbox"/>	30-40 minute hill 'fartlek' walk using landmarks <input type="checkbox"/>	2 hours easy and off road <input type="checkbox"/>
Week 8	Core <input type="checkbox"/>	50-60 minute walk to include 3 x 10 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 40-50 minutes <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"/>	30-40 minute hill 'fartlek' walk using landmarks <input type="checkbox"/>	2 hour 15 minutes off road <input type="checkbox"/>
Week 9	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 over an undulating route <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 40-50 minutes <input type="checkbox"/>	Rest <input type="checkbox"/>	30-40 minute hill 'fartlek' walk using landmarks <input type="checkbox"/>	2.5 hour walk with the final 60-90 minutes to include brisk up hill efforts <input type="checkbox"/>



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Week 10	Core <input type="checkbox"/>	40 minute walk to include 4 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 40 minutes <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"/>	3 hours all easy <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 mins quicker over an undulating route <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 40-50 minutes <input type="checkbox"/>	Rest <input type="checkbox"/>	30-40 minute hill 'fartlek' walk using landmarks <input type="checkbox"/>	2 hours 45 minutes with 2 x 30 minutes at a brisk effort over an undulating route <input type="checkbox"/>
Week 12	Core <input type="checkbox"/>	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 minutes quicker <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 40-50 minutes <input type="checkbox"/>	Hold a sweepstake asking people to guess your finishing time. The closest person to your actual time wins half the takings.	40-50 minute hill 'fartlek' walk using landmarks <input type="checkbox"/>	3 hours all easy <input type="checkbox"/>
Week 13	Core <input type="checkbox"/>	45-60 minutes with the final 25 minutes at a brisk effort over and undulating route <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 40-50 minutes <input type="checkbox"/>	Rest <input type="checkbox"/>	40-50 minute hill 'fartlek' walk using landmarks <input type="checkbox"/>	3 hours 15 minutes with 5 x 10 minutes at a brisk effort over an undulating route <input type="checkbox"/>
Week 14	Core <input type="checkbox"/>	45-60 minutes with the final 25 minutes at a brisk effort over and undulating route <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 40-50 minutes <input type="checkbox"/>	Rest <input type="checkbox"/>	40-50 minute hill 'fartlek' walk using landmarks <input type="checkbox"/>	1 hour 40 minute walk off road with the final 60 minutes at a brisk effort over hills <input type="checkbox"/>



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Date	Momday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15	Core <input type="checkbox"/>	40 minute walk to include 5 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or optional cross training – easy 30-40 minutes <input type="checkbox"/>	Rest <input type="checkbox"/>	30-40 minute easy walk <input type="checkbox"/>	3 hours all easy <input type="checkbox"/>
Week 16	Core <input type="checkbox"/>	30-40 minute walk to include 3 x 5 minutes brisk effort, 90 second easy recovery <input type="checkbox"/>	Rest <input type="checkbox"/>	15-20 minute easy walk <input type="checkbox"/>	Rest <input type="checkbox"/>	25km Trek	25km 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

info@runningwithus.com