



## Jurassic Coast Trek 13 mile Training Guide

Walking might be something that we do every day but it's really important that you train for the trek and go on plenty of long walks (in your boots, to break them in!). This 16 week plan is designed to ensure that your fitness levels are where they need to be so you will enjoy the challenge.

Hillwalking, over uneven and rocky terrain should be a really important part of your training. You should be prepared for trekking 3-4.5 hours on steep, rough terrain while carrying a light daypack.

Cross-training is cardiovascular activities such as cycling, swimming or working out at the gym. It's a great idea to include activities that get the heart pumping in order to increase your stamina and general level of fitness.

Please be advised that this plan is only a guideline.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1 - 2</b>	30 minute walk slow pace	Rest	30 minute walk fast pace	Rest	Rest	Walk 2 miles medium pace	Rest
<b>3 - 4</b>	45 minute walk slow pace	Rest	Circuit training	45 minute walk medium pace	Rest	Walk 4 miles medium pace	Rest
<b>5 - 6</b>	Circuit training	1.5 hour walk slow pace	Rest	1.5 hour walk medium pace	Rest	Walk 4 miles medium pace	Rest
<b>7 - 8</b>	2 hour walk slow pace	Rest	2 hour walk medium pace	Circuit training	Rest	Walk 5 miles medium pace	Rest
<b>9</b>	Walk 3 miles slow pace	Rest	Walk 5 miles medium pace	Circuit training	Rest	Walk 3 miles fast pace	Walk 6 miles medium pace
<b>10</b>	Rest	Walk 5 miles medium pace	Rest	Walk 3 miles fast pace	Rest	Walk 3 miles fast pace	Walk 7 miles medium pace
<b>11</b>	Rest	Walk 3 miles fast pace	Rest	Circuit training	Rest	Walk 3 miles slow pace	Walk 8 miles medium pace
<b>12</b>	Rest	Walk 5 miles medium pace	Rest	Circuit training	Rest	Walk 3 miles fast pace	Walk 8 miles medium pace
<b>13</b>	Rest	Walk 5 miles medium pace	Rest	Walk 3 miles fast pace	Rest	Walk 4 miles slow pace	Walk 10 miles medium pace
<b>14</b>	Rest	Walk 3 miles fast pace	Rest	Walk 5 miles medium pace	Rest	Walk 4 miles fast pace	Walk 8 miles medium pace
<b>15</b>	Rest	Walk 3 miles fast pace	Rest	Walk 5 miles medium pace	Rest	Walk 4 miles medium pace	Walk 12 miles medium pace
<b>Event week</b>	Rest	Walk 3 miles slow pace	Rest	Rest	Rest	Rest	<b>JURASSIC COAST TREK!</b>



# Jurassic Coast Trek 26 mile Training Guide

Walking might be something that we do every day but it's really important that you train for the trek and go on plenty of long walks (in your boots, to break them in!). This 16 week plan is designed to ensure that your fitness levels are where they need to be so you will enjoy the challenge.

Hillwalking, over uneven and rocky terrain should be a really important part of your training. You should be prepared for trekking 7-8 hours on steep, rough terrain while carrying a light daypack.

Cross-training is cardiovascular activities such as cycling, swimming or working out at the gym. It's a great idea to include activities that get the heart pumping in order to increase your stamina and general level of fitness.

Please be advised that this plan is only a guideline.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1 - 2</b>	30 minute walk slow pace	Rest	30 minute walk fast pace	Rest	Rest	Walk 5 miles medium pace	Rest
<b>3 - 4</b>	45 minute walk slow pace	Rest	Circuit training	45 minute walk medium pace	Rest	Walk 6 miles medium pace	Rest
<b>5 - 6</b>	Circuit training	1.5 hour walk slow pace	Rest	1.5 hour walk medium pace	Rest	Walk 8 miles medium pace	Rest
<b>7 - 8</b>	2 hour walk slow pace	Rest	2 hour walk medium pace	Circuit training	Rest	Walk 10 miles medium pace	Rest
<b>9</b>	Walk 3 miles slow pace	Rest	Walk 5 miles medium pace	Circuit training	Rest	Walk 3 miles fast pace	Walk 10 miles medium pace
<b>10</b>	Rest	Walk 5 miles medium pace	Rest	Walk 3 miles fast pace	Rest	Walk 3 miles fast pace	Walk 12 miles medium pace
<b>11</b>	Rest	Walk 3 miles fast pace	Rest	Circuit training	Rest	Walk 4 miles slow pace	Walk 15 miles medium pace
<b>12</b>	Rest	Walk 5 miles medium pace	Rest	Circuit training	Rest	Walk 3 miles fast pace	Walk 10 miles medium pace
<b>13</b>	Rest	Walk 5 miles medium pace	Rest	Walk 3 miles fast pace	Rest	Walk 4 miles slow pace	Walk 18 miles medium pace
<b>14</b>	Rest	Walk 3 miles fast pace	Rest	Walk 5 miles medium pace	Rest	Walk 4 miles fast pace	Walk 10 miles medium pace
<b>15</b>	Rest	Walk 3 miles fast pace	Rest	Walk 5 miles medium pace	Rest	Walk 3 miles slow pace	Walk 20 miles medium pace
<b>Event week</b>	Rest	Walk 4 miles slow pace	Rest	Rest	Rest	Rest	<b>JURASSIC COAST TREK!</b>

# Training Essentials

## Getting Started

If you're starting training for the first time or haven't exercised for while then it is advisable to visit your GP for a check-up before you begin. Your doctor will support your plans to get fit for your trek and will also be able to advise you regarding any precautions that you should take relevant to your personal medical history.

## Warming up

Always warm up before each session for approximately 10 minutes. A warm-up will prepare your body for exercise, reduce your risk of injury and enhance your performance for your session.

## Cooling down

Always finish each session with a cool down, lasting for approximately 10 minutes as per your warm up. A proper cool down will help your recovery and limit any post-session muscle soreness.

## Stretching

Spend a few minutes at the end of your cool down stretching the main muscle groups that you have used, so that you remain, loose, supple and reduce your risk of injury.

## Rest

Rest is important and allows your body to recover from your training sessions, so ensure that you include at least one full rest day in your schedule each week.

## Check your boots

Your choice of walking footwear is incredibly important and should not be decided on price alone. Your feet are what will get you up those hills! Treat them with the best pair of boots that you can afford.

As you will be trekking on rough terrain, your boots should have a reasonably high ankle and a stiff heel counter to give lateral support. Wear your boots around the house, on the way to work and then on your longer walks to break them in. Once they have conformed to the shape of your feet there is less likelihood of getting blisters. Remember to waterproof them regularly and do not dry using direct heat.

The socks that you wear are also vitally important and it is worth investing in some good pairs that do not blister. Using your equipment whilst training is key.

## Listen to your body

If you're excessively tired or feeling under the weather it's better to miss a day or two and allow your body to recover than attempt a training session and make your condition worse or pick up an injury.

## Avoid injuries whilst training

To avoid blisters keep your feet dry and wear socks made with fibres which draw the moisture away from your skin—steer clear of pure cotton. Don't lace your shoes too tightly or too loosely. As soon as a hot spot occurs (a rubbing of the skin which then feels warm), remove your boots and apply a blister prevention kit i.e. Compeed. When walking, try to make sure your heel touches the ground first and then you push off with your toe.

## Keep it fun

Above all, keep your training in perspective. Your trek is an exciting challenge which should enhance your life and not diminish it so enjoy the whole process and keep it fun.

## Top Tips

- Get up an hour earlier and go out for a quick walk before work.
- Use your lunchtimes to take regular brisk walks.
- Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times, at least three times per week.
- Your energy requirements will increase while trekking so it's important to fuel your body well. Eat small, frequent meals whilst training to maintain your energy levels.
- Practice using your backpack with the items you'll be carrying on the trek. Look for models with adjustable chest and waist straps so that you can position it correctly on your back.



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