

Hiking program 12-week Preparation guide

This is just a guide please make it fit into your schedule and change your rest days to when they suit you best. 😊

Weeks 1-6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 min run/walk 10min warm up Walk/slow jog. 4 x 30sec sprint 60sec recovery. slow jog/walk for the rest of 30min	Lower body	60min walk Or 30min run	Rest	Upper body Core	60min Walk with pack. On hilly course, push yourself!!	Rest
30 min run/walk 10min warm up Walk/slow jog. 6 x 30sec sprint 60sec recovery. slow jog/walk for the rest of 30min	Lower body	60min walk Or 30min run	Rest	Upper body Core	60min Walk with pack. push yourself!!	Rest
30 min run/walk 10min warm up Walk/slow jog. 4 x 45sec sprint 60sec recovery. slow jog/walk for the rest of 30min	Lower body	60min walk Or 30min run	Rest	Upper body Core	60min Walk with pack. push yourself!!	Rest
30 min run/walk 10min warm up Walk/slow jog. 6 x 45sec sprint 60sec recovery. slow jog/walk for the rest of 30min	Lower body	60min walk Or 30min run	Rest	Upper body Core	60min Walk with pack. push yourself!!	Rest
30 min run/walk 10min warm up Walk/slow jog. 4 x 60sec sprint 60sec recovery. slow jog/walk for the rest of 30min	Lower body	60min walk Or 30min run	Rest	Upper body Core	60min Walk with pack. push yourself!!	Rest

30 min run/walk 10min warm up Walk/slow jog. 6 x 60sec sprint 60sec recovery. slow jog/walk for the rest of 30min	Lower body	60min walk Or 30min run	Rest	Upper body Core	60min Walk with pack. push yourself!!	Rest
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Google any exercises you are unsure about. Challenge yourself with heavy weights, with the goal to increase the weight when you feel comfortable. Remember to take 5-10min to stretch before and after your workout.

These are exercises that are best performed with Dumbbells, however use whatever you can as weights. (Squat with your pack on, tin cans, piece of steel or wood)

Lower Body Strength Session complete two exercises and repeat them x3 then move onto the next two

Exercise	Reps	Rounds	Rest
Heavy Squat	10	3	30-60 secs
Weighted Split Squat	10 each leg	3	30-60 secs
Deadlift	12	3	30-60 secs
Weighted Hip Thrusts	12	3	30-60 secs
Walking Lunges	10 each leg	3	30-60 secs
Plank	45-60 secs	3	30 secs

Upper body Strength Session complete two exercises and repeat them x3 then move onto the next two

Exercise	Reps	Rounds	Rest
Shoulder Press	10	3	30-60 secs
Bent Over Row	10	3	30-60 secs
Squat + Press	12	3	30-60 secs
Lateral Raise	12	3	30-60 secs
Chest Press can do them lying flat on the ground without a bench	10	3	30-60 secs
Dumbbell Front Raise	10	3	30 secs

Core strength Circuit
 30 sec of each, 5 sec recovery
 repeat circuit x3

Leg raises
 bicycle crunch
 sit up
 dead bug

Weeks 7-12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30 min run/walk 10min warm up Walk/slow jog. 4 x 45sec sprint 30sec recovery. slow jog/walk for the rest of 30min</p>	Lower body	<p>60min walk Or 30min run make sure you are pushing yourself try running!</p>	Rest	Upper body Core	60min Walk with pack. On hilly course, (if you do not have hills include 4 x 25 step ups along the way)	Rest
<p>30 min run/walk 10min warm up Walk/slow jog. 6 x 45sec sprint 30sec recovery. slow jog/walk for the rest of 30min</p>	Lower body	<p>60min walk Or 30min run make sure you are pushing yourself try running!</p>	Rest	Upper body Core	60-120min Walk with pack. On hilly course, (if you do not have hills include 4 x 25 step ups along the way)	Rest
<p>30 min run/walk 10min warm up Walk/slow jog. 4 x 60sec sprint 30sec recovery. slow jog/walk for the rest of 30min</p>	Lower body	<p>60min walk Or 30min run make sure you are pushing yourself try running!</p>	Rest	Upper body Core	60min Walk with pack. On hilly course, (if you do not have hills include 4 x 25 step ups along the way)	Rest
<p>30 min run/walk 10min warm up Walk/slow jog. 6 x 60sec sprint 30sec recovery. slow jog/walk for the rest of 30min</p>	Lower body	<p>60min walk Or 30min run make sure you are pushing yourself try running!</p>	Rest	Upper body Core	60-120min Walk with pack. On hilly course, (if you do not have hills include 4 x 25 step ups along the way)	Rest

30 min run/walk 10min warm up Walk/slow jog. 8 x 60sec sprint 60sec recovery. slow jog/walk for the rest of 30min	Lower body	60min walk Or 30min run make sure you are pushing yourself try running!	Rest	Upper body Core	60min Walk with pack. On hilly course, (if you do not have hills include 4 x 25 step ups along the way)	Rest
30 min run/walk 10min warm up Walk/slow jog. 10 x 60sec sprint 60sec recovery. slow jog/walk for the rest of 30min	Lower body	60min walk Or 30min run make sure you are pushing yourself try running!	Rest	Upper body Core	60min Walk with pack. On hilly course, (if you do not have hills include 4 x 25 step ups along the way)	Rest

Take Exercises nice and slow. Using your pack or dumbbell weights. Increase the weight as you feel comfortable.

<p>Lower body single Leg focus.</p> <p>5-10min warm up, remember to stretch at the end! complete 2 exercise, have 30 seconds rest x 3 rounds then move onto the next.</p> <p>Lunge walk x 15 Hip thrust x12</p> <p>Split squat x8 Single leg Deadlift x8</p> <p>Curtsey Lunge x 8 Single leg RDL x 8 (no weight, focus on balance) https://youtu.be/ZZF7uryLEw</p>	<p>Upper body/core</p> <p>5-10min warm up, remember to stretch at the end! complete 2 exercise, have 30 seconds rest x 3 rounds then move onto the next.</p> <p>Shoulder press x 10 Plank x 1min</p> <p>Bent over row x10 chest Press x10</p> <p>Single arm Triceps row x10 Dumbbell lateral Raise x10</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Core circuit 30secs of each, 5sec recovery, repeat circuit x3</p> <p>Bicycle crunch V sit up Russian Twist Dead bug</p> </div>
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