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**100km Trekking Plan**

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# Trekking Training Plan – 100km

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
1	Core	30-40 minute walk to include 3 x 5 minutes brisk effort, 2 minute easy effort recovery	Rest	5 mins easy walking + 8 x 2 minute brisk up hill efforts with easy walk back recovery + 5 mins easy walking	Rest	Cross training (run, bike, cross trainer, rowing) – easy 30 minutes	Easy 1hr 45 minutes over a hilly route	<input type="checkbox"/>	☺ ☹ ☹
2	Core	40 minute walk to include 5 x 4 minutes brisk effort, 90s easy recovery	Rest	5 mins easy walking + 8 x 2 minute brisk up hill efforts with easy walk back recovery + 5 mins easy walking	Rest	Cross training – easy 30 minutes	Easy 2 hours	<input type="checkbox"/>	☺ ☹ ☹
3	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	8 mins steady walking + 6 x 3 brisk up hill efforts with easy walk back recovery + 8 mins steady walking	Rest	Cross training – easy 30 minutes	Easy 2 hours 15-30 minutes	<input type="checkbox"/>	☺ ☹ ☹
4	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	10 mins steady walking + 8 x 3 minute brisk up hill efforts with easy walk back recovery + 10 mins steady walking	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold'	2 hour 40 minutes with the final 40 minutes at a steady effort	<input type="checkbox"/>	☺ ☹ ☹
5	Core	30-40 minute walk to include 3 x 4 minutes brisk effort, 2 minute easy effort recovery	Rest	45 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	Cross training – easy 30 minutes	Easy 1hr 45 minute walk	<input type="checkbox"/>	☺ ☹ ☹
6	Core	60 minute walk to include 6 x 5 minutes brisk effort, 90s easy recovery	Rest	45 minute 'fartlek' walk using landmarks	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold'	Easy 3 hour – 3hr 15 minute walk over a hilly route with navigation	<input type="checkbox"/>	☺ ☹ ☹
7	Core	60 minute walk to include 3 x 10 minutes brisk effort, 120s easy recovery	Rest	45 minute 'fartlek' walk using landmarks including hills	Rest	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold'	3hrs 30 minutes over a hilly route with navigation	<input type="checkbox"/>	☺ ☹ ☹

8	Core	45 minute walk to include 3 x 10 minutes brisk effort, 90s easy recovery	Rest	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30-45 minute 'fartlek' walk using landmarks including hills	4 hour walk with navigation including hills and off road sections	<input type="checkbox"/>	☺ ☹ ☹
9	Core	60-70 minute 'out and back' walk – walk out for 35 minutes, turn and get back to the start 2-3 mins quicker	Rest	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30-45 minute 'fartlek' walk using landmarks including hills	4 hour 30 minutes with navigation including hills and off road sections	<input type="checkbox"/>	☺ ☹ ☹
10	Core	60-70 minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	30 minute easy cross training	Rest	30-40 minute easy walk	Split 3 easy hours walk + 3 hours steady with break for refueling between.	<input type="checkbox"/>	☺ ☹ ☹
11	Core	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker	Rest	30 minute easy walk and stretch	Rest	45-60 minute 'fartlek' walk using landmarks	20-30km easy walk	<input type="checkbox"/>	☺ ☹ ☹
12	Core	60-70 minute 'out and back' walk – walk out for 35 minutes, turn and get back to the start 2-3 mins quicker	Rest	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	90 minute walk over hill terrain pushing a brisk effort up climbs	7-8 hour walk with break every 1.5 hours for fuel and water	<input type="checkbox"/>	☺ ☹ ☹
13	Core	70 minutes with the final 40 at a brisk effort	Rest	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	90-120 minute walk over hill terrain pushing a brisk effort up climbs	Full day hike with pack practicing fuelling over hilly and off road terrain aiming to cover 60-70km	<input type="checkbox"/>	☺ ☹ ☹

14	Core	60 minutes with the final 25 at a brisk effort	Rest	Cross training – 60 progression of 20 minutes easy, 20 minutes steady, 20 minutes 'threshold'	Rest	75 minute walk over hill terrain pushing a brisk effort up climbs	30km brisk walk	<input type="checkbox"/>	☺ ☹ ☹
15	Core	45 minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	Cross training – 45 progression of 15 minutes easy, 15 minutes steady, 15 minutes 'threshold'	Rest	30 minute 'fartlek' walk using landmarks including hills	2 hour easy relaxed walk	<input type="checkbox"/>	☺ ☹ ☹
16	Rest	40 minute walk to include 3 x 5 minutes brisk effort, 90s easy recovery	Rest	30 minute easy walk	Rest	100km walk GOOD LUCK	REST	<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 carbohydrate and protein and sipping water throughout.**