



WWF WALES CHALLENGE 6-WEEK TRAINING PLAN



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Optional easy walk 30-40 minutes	Rest	40-minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Rest	30-40-minute easy walk	Rest	60 minutes easy pace
2	Optional easy walk 30-40 minutes	Rest	50 minutes 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins quicker	Rest	45-60 minute 'fartlek' walk using landmarks	Rest	90 minutes easy pace over an undulating route
3	Optional easy walk 30-40 minutes	Rest	45-60 minutes with the final 25 at a brisk effort over and undulating route	Rest	60 minute 'fartlek' walk using landmarks	Rest	2 hours 15 minutes with 5 x 10 minutes at a brisk effort over an undulating route
4	Optional easy walk 30-40 minutes	Rest	45-60 minutes with the final 25 at a brisk effort over and undulating route	Rest	45 minute 'fartlek' walk using landmarks	Rest	1 hour walk off road with the final 30 minutes at a brisk effort over hills
5	Optional easy walk 30-40 minutes	Rest	40-minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	Rest	30 minute 'fartlek' walk using landmarks	Rest	40-minute easy relaxed walk
Trip Week	Rest	Challenge Day 1	Challenge Day 2	Challenge Day 3	Optional easy walk 30 minutes	Rest	Rest

Top tips:

- 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.
- For the kayaking, no prior experience is necessary, although if you have the opportunity to go to a local kayaking club then this would help. Kayaking requires good upper body strength, so if possible, doing some exercises or light weights to build your strength would be advantageous.

Glossary:

- **Fartlek:** This is a Swedish term that literally means “speed play”. It involves several bursts of effort over a variety of distances with a variable recovery. Throughout this training plan, we recommend altering your speed between fixed landmarks such as trees, lampposts, or post-boxes for example.
- **Cross training:** We recommended you balance your training with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training. You should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer, or practising pilates, so intense that you are too tired for your walking.