



## **Yorkshire 3 Peaks Walking Challenge – Example Training Plan**

### **Notes**

**For a challenge such as this, you need to be more than just ‘generally fit’ – of course that helps as a base to go from, but preparing specifically for what lies ahead gives you the best chance of success. Though a walking challenge, it should not be underestimated. Even if you are approaching this as an experienced ultra runner – this is a different type of challenge, and as such – you’ll need to prepare differently. Moving relatively slowly over a period of 12 hours, on difficult terrain requires you to be resilient, that means you’ll need to be strong physically and well conditioned to this particular activity. This is why in the plan below, particular attention is paid to walking mileages. Always use terrain that mimics what you’ll encounter on the day, wherever possible. These mileages are implemented carefully, and the plan is suitable for those who are generally fit and have some experience of exercising in the hills. Use these outings to ensure that the kit you intend to use on the day, is suitable for you. It can absolutely end your challenge early if you find that your footwear, pack or even the fuel you intend to use does not agree with you on the day. Stretch/Core/Mobility sessions are JUST as important as Aerobically challenging and Strength sessions – so don’t skip these!**

**The 10 week plan below is designed to be started in early January, to land you at the challenge weekend in March.**

<b>Week</b>	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>
<b>1</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	Cross Training ie. HillFit & Strength	10 Mile Hill Walk
<b>2</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	Cross Training ie. HillFit & Strength	12 Mile Hill Walk
<b>3</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	Cross Training ie. HillFit & Strength	14 Mile Hill Walk
<b>4</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	Cross Training ie. HillFit & Strength	10 Mile Hill Walk
<b>5</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	8 Mile Hill Walk	8 Mile Hill Walk
<b>6</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	Cross Training ie. HillFit & Strength	14 Mile Hill Walk
<b>7</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	12 Mile Hill Walk	12 Mile Hill Walk
<b>8</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	Cross Training ie. HillFit & Strength	20 Mile Hill Walk
<b>9</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility	Cross Training ie. HillFit & Strength	10 Mile Hill Walk
<b>10</b>	Cross Training ie. HillFit & Strength	Stretch/Core/Mobility		Challenge Day!