

# THREE PEAKS TRAINING - WALKER

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 30mins	Walk 30mins	Walk 30mins	Rest	Rest	Walk 30mins	Walk 45mins
2	Rest	Walk 30mins	Walk 30mins	Walk 30mins	Walk 30mins	Rest	Walk 45mins
3	Walk 30-45mins	Walk 45mins	Rest	Walk 45mins (FAST)	Walk 45mins	Rest	Walk 60mins
4	Rest	Walk 45mins	Walk 30mins (FAST)	Rest	Walk 45mins	Walk 30mins	Walk 60mins
5	Walk 30-45mins	Walk 45mins	Walk 45mins (FAST)	Rest	Walk 30-45mins	Rest	Walk 60-75 mins
6	Rest	Walk 60mins	Walk 60mins (FAST)	Walk 60mins	Walk 45mins	Rest	Walk 60-75mins
7	Walk 30-45mins	Walk 45 mins	Walk 60mins (FAST)	Rest	Walk 60mins	Rest	Walk 75-90mins
8	Rest	Walk 45mins	Walk 60mins	Walk 60mins (FAST)	Walk 30mins	Rest	Walk 90-120mins
9	Walk 30-45mins	Walk 75-90mins	Walk 60mins	Walk 60mins (FAST)	Walk 45mins	Rest	Walk 90-120mins
10	Rest	Walk 60mins	Rest	Walk 60mins	Walk 45mins	Rest	THREE PEAKS RACE

## TIPS FOR SUCCESSFUL TRAINING

- Try do as many of your walks off-road and/or over hills if possible (the running programs specify whether to run on hills or flat).
- Unless otherwise specified, you should be able to talk on all runs and walks (if not you are going to hard).
- If you can walk/run the Pinapple track on your longer Sunday runs then that will be a great advantage.
- Train with a group of friends to keep motivated.
- Make sure you **REST** on your rest days (you need adequate rest to recover).
- Record your training so you can look back to see how far you have come.
- Prepare for all types of weather – take warm clothing and water on your longer run/walks.
- Make sure you have adequate footwear that can handle off road conditions.