

Training

First Week: try to walk at least 5km per day, aiming to complete the 5 km in 90 minutes (less if possible) 3\4 times per week.

Second Week: Try and increase your pace that you can do the 5km in 60 minutes (3\4 per week)

Week 3 & 4: you should be able to do 8km in an hour and 20 minutes (3\4 per week)

Week 5,6 & 7: by the end of week 7, you should be able to do 10km in 2 hours; at least 3 times a week.

Week 8: walk 10km twice in this week, 2 Hours per walk.

Week 9: 1 x 10km walk in 2hours (no break) and 1 x 12km walk in 2h 15 min (no break)

Week 10: same as week 9

Week 11: 1 x 10km walk and 1 x 15km

Week 12: same as week 11

Week 13, 14 & 15: 2 x 8km and 1 x 18km

Week 16: 2 x 10km (2h each)

Week 17: 1 x 5km, 1 x 20km (the latter in 4h 30 min; taking a 10 min break after each 7km)

Week 18: same as week 17

Week 19: 1 x 10km and 1 x 20km (the latter in 4h 30 min; taking a 10 min break after each 7km)

Week 20: same as week 16

4 weeks before your walk you should be able to walk 3 x 18-20km walks, 3 days in succession (back-to-back); during each walk you are allowed a 10min, a 30min and a 10min break), carrying 3 litres of water.

This must be your aim.....

Last 3-4 weeks of training before the big day 2\3 times a week 2x 10km and 1x 12km

Last week before Big Day 5km 3/ per week.

From week 11, do your training with your backpack (3L of water)