

BEACONS CHALLENGE TRAINING GUIDE

6 PEAKS

This plan will fully prepare you for your 17km Hike. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.



| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total weekly kilometres |
|------|----------|----------|-----------|----------|-------------|------------|-----------|-------------------------|
| 1 | Rest Day | 2km Walk | Rest | 2km Walk | Cross Train | Rest | 3km Walk | 7km |
| 2 | Rest Day | 2km Walk | Rest | 2km Walk | Cross Train | Rest | 3km Walk | 7km |
| 3 | Rest Day | 3km Walk | Rest | 5km Walk | Cross Train | Rest | 4km Walk | 12km |
| 4 | Rest Day | 3km Walk | Rest | 5km Walk | Cross Train | Rest | 7km Walk | 15km |
| 5 | Rest Day | 4km Walk | Rest | 5km Walk | Cross Train | Rest | 8km Walk | 17km |
| 6 | Rest Day | 4km Walk | Rest | 5km Walk | Cross Train | Rest | 8km Walk | 17km |
| 7 | Rest Day | 5km Walk | Rest | 6km Walk | Cross Train | Rest | 10km Walk | 21km |
| 8 | Rest Day | 5km Walk | Rest | 6km Walk | Cross Train | Rest | 12km Walk | 23km |
| 9 | Rest Day | 3km Walk | Rest | 5km Walk | Cross Train | Rest | 14km Walk | 22km |
| 10 | Rest Day | 3km Walk | Rest | 3km Walk | Rest | Challenge! | Rest | 23km |

*A cross training session each week assists your body to adapt and strengthen. Try swimming, bodyweight exercises, resistance (weight) training and core training as well as yoga or pilates.

BEACONS CHALLENGE TRAINING GUIDE

10 PEAKS

This plan will fully prepare you for your 34km Hike. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.



| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total weekly kilometres |
|------|----------|---------|-----------|-------------|----------|------------|--------------|-------------------------|
| 1 | 2km Walk | Rest | 2km Walk | Cross Train | 1km Walk | 4km Walk | Recovery Day | 9km |
| 2 | 4km Walk | Rest | 4km Walk | Cross Train | 2km Walk | 5km Walk | Recovery Day | 15km |
| 3 | 4km Walk | Rest | 4km Walk | Cross Train | 2km Walk | 8km Walk | Recovery Day | 18km |
| 4 | 4km Walk | Rest | 4km Walk | Cross Train | 2km Walk | 11km Walk | Recovery Day | 21km |
| 5 | 5km Walk | Rest | 5km Walk | Cross Train | 1km Walk | 13km Walk | Recovery Day | 24km |
| 6 | 5km Walk | Rest | 5km Walk | Cross Train | 2km Walk | 15km Walk | Recovery Day | 27km |
| 7 | 6km Walk | Rest | 5km Walk | Cross Train | 2km Walk | 18km Walk | Recovery Day | 31km |
| 8 | 4km Walk | Rest | 4km Walk | Cross Train | 2km Walk | 18km Walk | Recovery Day | 28km |
| 9 | 2km Walk | Rest | 2km Walk | Cross Train | 1km Walk | 10km Walk | Recovery Day | 15km |
| 10 | 2km Walk | Rest | 2km Walk | Cross Train | Rest | Challenge! | Rest | 38km |

*A cross training session each week assists your body to adapt and strengthen. Try swimming, bodyweight exercises, resistance (weight) training and core training as well as yoga or pilates.