

**100KM TREK**

**TRAINING PLAN**



**WITH TEAM AMNESTY**

**BEGINNER**

fullpotential 

**AMNESTY**  
INTERNATIONAL



# 100KM TREK TRAINING PLAN WITH TEAM AMNESTY



## BEGINNER

This plan will take you from a base of minimal training to a 100km challenge in 16 weeks. It contains walking and cross training. We gradually increase your time on your feet with a couple of four-hour walks before the big day. Try to find off-road routes with plenty of undulations (hills) to build endurance and strength.



## THE TALK TEST

It's important to train at the right effort level and intensity to reach your full potential. Most people think that training 'harder is better' but pushing yourself too quickly can result in feeling tired, getting ill or picking up an injury.

Understanding the purpose and feel of each training session we give you is the way to train smart. Here's our guide to the sessions mentioned in our training plan and how they should feel as a 'talk test'.

TYPE OF SESSION	TRAINING ZONE	PERCEIVED EFFORT LEVEL (1-10)	HOW IT SHOULD FEEL: THE TALK TEST
EASY EFFORT WALK	4	40-50%	You can speak in complete sentences, totally conversational. Keep to this effort the whole way.
EASY CROSS TRAINING (GYM CLASS)	6-7	65-70%	We have plenty of cross training in the plan. It enables us to make fitness gains whilst mixing up the training. These sessions can be a mixture of gym classes, or equipment like the elliptical training or rowing machine. Aim for an effort level that leaves you slightly breathless at times.
STEADY EFFORT WALK	4-6	50-60%	You can speak in complete sentences, totally conversational. You will find the effort level rises as you go up and down hills.

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### MAKE THE TRAINING PLAN WORK FOR YOU

You probably won't be able to follow the training plan exactly as it is set out, so we've written it with this in mind:

- Key sessions for each week are highlighted in yellow. These are non-negotiable sessions that you need to fit into your diary.
- All other training sessions are supplementary. Drop them into your week if you can't fit everything in although we hope you can find the time.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b>	30 minutes conditioning work	 30 minutes easy effort walk + stretch	30 minutes easy cross training/ gym class	 Rest day	30 minutes easy cross training/ gym class	30 minutes easy cross training/ gym class	 60 minutes steady effort walk over off road undulating terrain + stretch
<b>2</b>	30 minutes conditioning work	 Rest day	 45 minutes easy effort walk + stretch	 Rest day	45 minutes easy effort walk + stretch	30 minutes easy cross training/ gym class	 90 minutes steady effort walk over off road undulating terrain + stretch
<b>3</b>	30 minutes conditioning work	 30 minutes easy effort walk + stretch	 Rest day	30 minutes easy cross training/ gym class	 45 minutes easy effort walk + stretch	45 minutes easy cross training/ gym class	 120 minutes steady effort walk over off road undulating terrain + stretch
<b>4</b>	30 minutes conditioning work	 Rest day	 45 minutes easy effort walk + stretch	30 minutes easy cross training/ gym class	 Rest day	45 minutes easy cross training/ gym class	 150 minutes steady effort walk over off road undulating terrain + stretch

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5	30 minutes conditioning work	 60 minutes easy effort walk + stretch	 Rest day	30 minutes easy cross training/gym class	 60 minutes easy effort walk + stretch	 Rest day	 90 minutes steady effort walk over off road undulating terrain + stretch
6	30 minutes conditioning work	 Rest day	 45 minutes easy effort walk + stretch	 Rest day	30 minutes easy cross training/gym class	 180 minutes steady effort walk over off road undulating terrain + stretch	 60 mins steady effort walk over off road undulating terrain + stretch
7	30 minutes conditioning work	 45 minutes easy effort walk + stretch	 Rest day	45 minutes easy cross training/gym class	 Rest day	45 minutes easy cross training/gym class	 240 minutes steady effort walk over off road undulating terrain + stretch
8	30 minutes conditioning work	 Rest day	 60 minutes easy effort walk + stretch	 Rest day	45 minutes easy cross training/gym class	 300 minutes steady effort walk over off road undulating terrain + stretch	 Rest day

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
9	30 minutes conditioning work	45 minutes easy cross training/gym class	 60 minutes easy effort walk + stretch	 Rest day	 60 minutes easy effort walk + stretch	 60 minutes easy effort walk + stretch	 Rest day
10	30 minutes conditioning work	 60 minutes easy effort walk + stretch	 Rest day	45 minutes easy cross training/gym class	 Rest day	 340 minutes steady effort walk over off road undulating terrain + stretch	 120 minutes steady effort walk over off road undulating terrain + stretch
11	30 minutes conditioning work	 60 minutes easy effort walk + stretch	 Rest day	 45 minutes easy effort walk + stretch	 Rest day	 420 minutes steady effort walk over off road undulating terrain + stretch	 180 minutes steady effort walk over off road undulating terrain + stretch
12	30 minutes conditioning work	60 minutes easy effort walk + stretch	 Rest day	 80 minutes easy effort walk + stretch	 Rest day	 600 minutes steady effort walk over off road undulating terrain + stretch	 Rest day

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
13	30 minutes conditioning work	 60 minutes easy effort walk + stretch	 Rest day	45 minutes easy cross training/gym class	 Rest day	 600 minutes steady effort walk over off road undulating terrain + stretch	 120 minutes steady effort walk over off road undulating terrain + stretch
14	30 minutes conditioning work	30 minutes easy cross training/gym class	 80 minutes easy effort walk + stretch	60 minutes easy cross training/gym class	 Rest day	 60 minutes easy effort walk + stretch	 Rest day
15	30 minutes conditioning work	 Rest day	45 minutes easy cross training/gym class	 Rest day	60 minutes easy effort walk + stretch	 Rest day	 60 minutes steady effort walk over off road undulating terrain + stretch
16	 Rest day	 30 minutes easy effort walk + stretch	 Rest day	 Rest day	 Rest day	 Rest day	 100KM CHALLENGE