

INTERMEDIATE TREKKING TRAINING PLAN

Welcome to your intermediate trekking training plan. Firstly, thank you for signing up to an event with Parkinson's UK. You're truly helping us to improve the lives of everyone affected by Parkinson's.

By downloading the intermediate trek plan you're no stranger to trekking. As you'll know, a trek is a challenging yet exhilarating experience. It's an excellent test of your fitness and your commitment to training. Whichever trek you decided to participate in, you'll need to prepare yourself mentally and physically for the challenge. This plan is here to help with that.

Don't forget to warm up and cool down prior to any form of exercise. You can find our warm up and cool down section on our training hub. Best of luck! If you have any questions please email us on events@parkinsons.org.uk.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	30 min easy walk	Rest	Gym workout (full body)	Rest	45 min easy walk	Rest	Off road walk: 60 min easy
2	Rest	45 min steady walk	Gym workout (full body)	Rest	45 min steady walk	Rest	Off road walk: 1 hr 15 min easy
3	Rest	1 hr steady walk	Gym workout (full body)	Rest	1 hr steady walk	Rest	Off road walk: 2 hr steady
4	30 min easy walk	Rest	Gym workout (full body)	Rest	20 - 30 min easy jog or run	Rest	Off road walk: 2 hr 15 min steady
5	Rest	Rest	30 min easy jog or steady walk	Rest	1 hr steady walk	Rest	Off road walk: 2 hr 15 min steady

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
6	Rest	Rest	30 min easy jog or steady walk	Rest	1 hr steady walk	Rest	Off road walk: 2 hr 15 min steady
7	Rest	40 min easy jog or steady walk	Gym workout (full body)	Rest	1 hr 30 min steady walk	Rest	Off road walk: 4 hr 15 min easy
8	Rest	45 min very easy jog or steady walk	Gym workout (full body)	1 hr steady walk	Rest	Off road walk: 4 hr	Off road walk: 3 hr
9	Rest	Rest	45 min easy walk	Rest	1 hr steady walk	Rest	Off road walk: 4 hr 30 min easy
10	Rest	1 hr 30 min steady walk	Gym workout (full body)	Rest	Rest	Off road walk: 6 hr	Off road walk: 4 hr
11	Rest	Rest	30 - 40 minute easy walk	Gym workout (full body)	1 hr steady walk	Rest	Off road walk: 4 - 5 hr easy
12	Rest	30 min very easy walk	Rest	1 hr easy walk	Rest	Rest	Event day!

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Glossary:

Easy - An easy walk is classed as an effort that you'd be able to maintain for a long duration. This would generally be around a 3 or 4 out of 10 effort in regards to the rate of perceived exertion (RPE).

Steady - means a brisk walk at a speed that is not as fast as your tempo and not as slow as your easy, so somewhere in between the two.

RPE - is the rate of perceived exertion of an exercise. This scale is subjective to each individual. What might be a 6 out of 10 for one person might be totally different for another. The brackets in the table below loosely represent the form of activity for each number.

Gym workout (full body) - this is what is says on the tin. When you see this on the plan it's important to focus on an entire body workout. Important body parts to focus on include legs, back, shoulders, arms and core. These regular gym sessions will help you to get trek fit.

Off road walk - you'll notice that the weekend sessions are all off road. It's very important to get used to walking off road to get used to different terrains. It'll also be the closest resemblance to the terrain of your actual trek.

Long walk - this is your longest walk of the week. This is a 'steady' walk so should be a little harder than your easy walk but not as hard as if you were to run. Aim for a pace around 5 or 6 out of 10 in regards to RPE.

Trek - these will be your back to back weekend sessions. This will be the closest thing to the real trekking experience. Take these treks as if you were doing the real thing. Make sure you're walking with plenty of food and hydration. Giving yourself plenty of breaks where needed.

Rest - rest days are very important to make sure you recover properly between days of exercise. Rest days don't mean complete inactivity. On a rest day it is a good idea to stretch, foam roll or even do a bit of cross training. This means anything other than Walking, so you could go for a swim, cycle or do a bit of yoga for example.

Important checklist:

Here are a just few items you may want to consider for your training and the trip. Extensive kit lists for hiking and trekking are readily available online:

- **Suitable footwear** - investing in proper walking footwear is crucial. Consider good walking socks too
- **Backpack** - buy a breathable and comfortable backpack, with a waterproof liner
- **Phone** - for emergencies, and directions
- **Food** - snacks, meals and drinks to keep your energy levels high
- **Drinks** - hydration will be key for all your training and event day
- **Camera** - to capture your experience
- **First Aid kit** - just in case
- **Map, compass and guidebooks** - are all important pieces of navigation to consider
- **Sunglasses and sun cream**
- **Torch or head torch** - if you're walking later in the day you'll need something to light the way in darkness
- **Spare batteries** - for your camera and torches alike

RPE Scale	
10	Maximal effort (Sprinting)
9	Really Really Hard
8	Really Hard (Running)
7	Harder
6	Hard (Brisk walk)
5	Challenging
4	Moderate (Walking)
3	Easy
2	Really Easy
1	Rest (Sleeping)

Disclaimer:

Parkinson's UK cannot accept any responsibility for death, injuries or loss caused by any information contained within this Guide. All information is provided in good faith. You should consult your doctor before embarking on any program of physical activity. By using the information in this Guide you agree to indemnify, defend, and hold all the parties referred to above, harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us, is based on or arises in connection with your use of this Guide, any breach by you of these terms and conditions or a claim that your use of this Guide infringes any intellectual property rights of any third party or is libellous or defamatory, or otherwise results in injury or damage to any third party.