

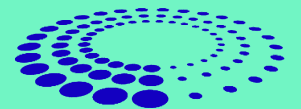


# Template training plan

Trekking: 100km  
Intermediate



fullpotential



**This template training plan has been provided by Mind's training partner, Full Potential.**

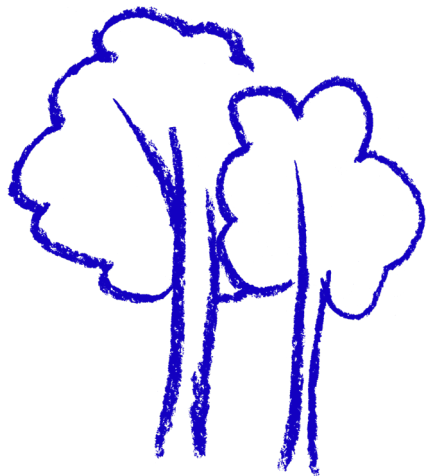
## Important

**Disclaimer:** Full Potential is an independent service provider.

Mind does not endorse or guarantee the services of Full Potential, and you take part in a training programme recommended by Full Potential at your own risk.

It's your responsibility to consult with your GP to make sure that you're medically and physically fit and well enough to take part in a Full Potential training programme and – as per our **terms and conditions** your fundraising challenge.

Mind will not be held responsible for any injury or illness related to your training or taking part in a fundraising event.



We know physical activity can be an amazing way to support mental health. However, it isn't helpful for everyone all the time.

It's important to recognise that some of us can develop an unhealthy relationship with physical activity. Anyone can develop an unhealthy relationship with exercise.

But this may be more likely if you have certain types of mental health problems. There's lots of tips for developing a healthy relationship with physical activity on **Mind's website**.



Type of ride	Training zone	Perceived effort level (1-10)	How it should feel – The talk test
Easy effort walk	4 – 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.
Easy / recovery run	6 – 6.5	65-70%	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the time
Threshold runs	8 – 8.5	80-85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.

## How the plan works

This intermediate training plan will prepare you to cover 100km. The training starts off with a 2 hour long walk, and builds from there. If that feels too much then go with the beginner plan. This plan contains walking, cross training and running sessions. Try and find off-road routes for your walks, ideally with plenty of undulations (up and down hills).

It's important that you train at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up training too hard, which can result in feeling tired, getting ill or picking up an injury.

Understanding what each session is trying to achieve and how it should feel is the way to train smart. To the left, is our guide to the training sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

## Making the training plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind.

- Key sessions for each week are highlighted in **BLUE**. These are the non-negotiable sessions that you need to fit into your diary in order to run your best race.
- Sessions in **BLACK** are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.



# Trekking 100km training plan: intermediate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 minutes conditioning work	Rest day	10 minutes warm up, 4 x 2 minutes at threshold effort with a 60 second recovery, 10 minutes cool down	30 minutes easy cross training / gym class	Rest day	45 minutes easy cross training / gym class	120 minutes steady effort walk over off road undulating terrain + stretch
Week 2	30 minutes conditioning work	10 minutes warm up, 4 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	30 minutes easy cross training / gym class	45 minutes easy effort walk + stretch	Rest day	150 minutes steady effort walk over off road undulating terrain + stretch
Week 3	30 minutes conditioning work	Rest day	10 minutes warm up, 5 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training / gym class	30 minutes easy run	180 minutes steady effort walk over off road undulating terrain + stretch	60 minutes steady effort walk over off road undulating terrain + stretch
Week 4	30 minutes conditioning work	45 minutes easy cross training / gym class	10 minutes warm up, 4 x 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	30 minutes easy run	240 minutes steady effort walk over off road undulating terrain + stretch	Rest day

Trekking: 100km intermediate plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	30 minutes conditioning work	45 minutes easy cross training / gym class	Rest day	10 minutes warm up, 4 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	60 minutes easy effort walk + stretch	Rest day
Week 6	30 minutes conditioning work	10 minutes warm up, 5 x 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	45 minutes easy cross training / gym class	Rest day	300 minutes steady effort walk over off road undulating terrain + stretch	120 minutes steady effort walk over off road undulating terrain + stretch
Week 7	30 minutes conditioning work	10 minutes warm up, 6 x 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	45 minutes easy cross training / gym class	Rest day	420 minutes steady effort walk over off road undulating terrain + stretch	180 minutes steady effort walk over off road undulating terrain + stretch
Week 8	30 minutes conditioning work	Rest day	10 minutes warm up, 2 x 7 minutes at threshold effort with a 120 second recovery, 10 minutes cool down	Rest day	30 minutes easy run	420 minutes steady effort walk over off road undulating terrain + stretch	180 minutes steady effort walk over off road undulating terrain + stretch
Week 9	30 minutes conditioning work	45 minutes easy cross training / gym class	10 minutes warm up, 5 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	35 minutes easy run	Rest day	Rest day

Trekking: 100km intermediate plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	30 minutes conditioning work	10 minutes warm up, 6 x 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training / gym class	10 minutes easy, 10 minutes steady, 10 minutes easy	Rest day	480 minutes steady effort walk over off road undulating terrain + stretch	240 minutes steady effort walk over off road undulating terrain + stretch
Week 11	30 minutes conditioning work	60 minutes easy effort walk + stretch	10 minutes warm up, 6 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	60 minutes easy effort walk + stretch	Rest day	600 minutes steady effort walk over off road undulating terrain + stretch	Rest day
Week 12	30 minutes conditioning work	10 minutes warm up, 5 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	10 minutes warm up, 4 x 1 minutes at 90% (10k) effort with a 60 second recovery, 10 minutes cool down	Rest day	Rest day	Rest day
Week 13	30 minutes conditioning work	10 minutes warm up, 5 x 6 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	60 minutes easy effort walk + stretch	30 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
Week 14	30 minutes conditioning work	30 minutes easy cross training / gym class	10 minutes warm up, 5 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	60 minutes easy cross training / gym class	Rest day	60 minutes easy effort walk + stretch	Rest day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15	30 minutes conditioning work	10 minutes warm up, 5 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	Rest day	60 minutes easy effort walk + stretch	Rest day	60 minutes steady effort walk over off road undulating terrain + stretch
Week 16	Rest day	30 minutes easy effort walk + stretch	Rest day	Rest day	Rest day	Rest day	<b>100km challenge</b>

**Thank you for supporting Mind!**

**Did you know...?**

Full Potential would be happy to provide you with a personalised training plan. To get your plan and to see other training content, visit [mind.org.uk/traininghub](http://mind.org.uk/traininghub)

