



# ALPINE CHALLENGE TRAINING PLAN

2025



# 12 WEEK TRAINING PLAN – TOP TIPS

One of the beauties of hiking is that anyone can do it.

You don't need to be an exceptional athlete, you just need a degree of fitness and determination.

The most important things to consider as you prepare for the event are:

- **Walk more** – even just starting with a bit more each day and building up steadily (ideally, up and down hills)
- **Get outside** – try to spend one day at the weekend on a long walk, somewhere nice (and hilly) all day
- **Increase gradually** – build up your training in a way that feels good and at a pace that is right for you
  - **Listen to your body** – if you need a rest, take a rest; if you want to speed up, speed up
- **Carry the weight** – use a rucksack as much as you can to get used to the feel of it (~5 kgs is good)
  - **Days in a row** – try to walk on back-to-back days to get used to walking on tired legs
- **These boots are made for walking** – use the kit (especially the boots) that you will be wearing for the challenge event
- **Eat & Drink** – 'sip, sip, nibble, nibble'... practice consuming water & the snacks you will use on the trail as you walk
  - **Smile** – get out with friends, enjoy the environment, do what makes you feel good
- **Don't worry** – we are here to help you all the way so, if you have any questions, just contact CHX staff...

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## 12 WEEK TRAINING PLAN\*

Repeat each week for 12 weeks or more, using the adjustments below to progress your training each week.

The most important part of any training plan is to start doing more activity that prepares you for what you are going to do. You don't have to do all of the sessions below but try to do at least 3 days per week and the most important thing is...

Walk more, for longer, up & down hills, with a rucksack and in the kit that you will be using on the event.

	MONDAY (REST)	TUESDAY	WEDNESDAY	THURSDAY (REST)	FRIDAY	SATURDAY	SUNDAY
WARM UPS	10-15 minutes walking at comfortable pace (outdoor / treadmill) or 'off-foot' / low impact warm up (e.g. cycle, swim, cross-trainer, step machine)						
STRENGTH	<b>Simple exercises for major muscle groups:</b> Quads, hamstrings, glutes, calves, back, core / trunk (e.g. wall sits, squats, plank variations, hamstring kick-backs) Bodyweight exercise should be adequate if you are starting strength work for the first time: control, balance & correct technique are key.						
STAMINA		<b>40 min. quick walk</b> (push your pace above normal) or other aerobic activity (e.g. cycle / swim)	<b>60-90 mins. walk</b> (or another aerobic activity you enjoy for a longer duration)		<b>40 min. quick walk</b> (push your pace above normal) or other aerobic activity (e.g. cycle / swim)	<b>Initial 1-3 hour walk.</b> Try to find a hills and trails you enjoy. <b>Use a rucksack ~5kg</b> (Build up to 4 hours)	<b>Initial 2-4 hour walk.</b> Head out all day for a steady, hilly walk. <b>Use a rucksack ~5kg</b> (Build up to 6 hours)
FLEXIBILITY	<b>e.g. Yoga / Pilates</b> (Stretch the major muscle groups: e.g. quads, hamstrings, back, glutes, calves - using good control & correct technique)						
ADJUSTMENTS	<b>Increase / Decrease: Number, Duration, Pace, Weight &amp; build up length of walks from the initial times suggested above.</b> N.B. This is a very general training plan to provide a broad outline and structure. It does not take into account individual fitness levels or needs. (For more specific guidance, please speak with CHX Technical Adviser or a personal fitness trainer)						

\*Consult your GP or physician before starting an exercise programme, if you have any concerns or medical conditions. You should also seek out the support of a trained exercise professional to assist you with correct technique.





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For further information about this partnership, please contact [robbie@chxchallenge.com](mailto:robbie@chxchallenge.com)

