

# The Big Marsden Trek

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# The Big Marsden Trek

## Training guide

# Hello and welcome

Here is your training plan to help you prepare for the 26.2 mile route of The Big Marsden Trek. We recommend that you use this plan as a general guide to your training. You can choose days to suit you, although we recommend you take your recovery days following tough sessions, particularly the longer walks.



The Royal Marsden Cancer Charity cannot accept any responsibility for injuries, illnesses or accidents that may occur when following this guide. If you feel unsure or unwell, please stop and seek professional help immediately.

# Glossary

## Fartlek walk

Fartlek translates roughly into English as 'speed play'. On these days, include a mix of shorter and longer faster efforts up and down hill.

## Hilly walk

Get prepared for the route and focus your training on uphill walks to build strength and endurance.

## Cross training

Your fitness can be given an extra boost by activities such as swimming, running or rowing, etc.

## Brisk walk

On these days we ask you to include blocks of effort to raise your heart rate a little.

## Recovery and rest

Recovery and rest are also very important in your training plan. We've included rest days in the plan, as your body needs rest to recover and adapt to the training you are doing. Make sure you listen to your body and take more rest if you need it.



# Top tips

## Be flexible

Take ownership of your training plan and adapt it to suit your needs. If you miss days for whatever reason, don't try to catchup – begin where you left off.

## Have a routine

Get used to training regularly and being organised with sleep, food, fitting in your training schedule, stretching and exercises. Planning each day will allow you to fit in your training.

## Leg strengthening

Incorporate exercises such as squats, lunges, calf raises and step-ups into your routine, focusing on improving balance and stability.

## Core strengthening

Exercises such as planks, Russian twists, and mountain climbers will target your core muscles.

## Flexibility and mobility

Include stretching exercises for your hamstrings, quadriceps, calves and hips to enhance flexibility and help prevent muscle tightness and injury.

## Stay hydrated

Start hydrating well before your treks/ training begins and continue drinking fluids regularly throughout.

## Recovery and rest

Recovery is just as important as training. Make sure to have at least 1–2 rest days per week, especially after long walks. Ensure you're getting enough sleep each night to allow your muscles to recover. Most importantly, listen to your body.

## Practice makes perfect

Do some hilly country walks at the weekends to experience walking on different terrains. Wear the boots and rucksack you will have with you on the trekday.

## Have fun

Most importantly have fun – whether that's asking a friend or family member to join you or listening to your favourite tunes music or / podcast, you'll be clocking up those training miles before you know it!

And remember to share your training journey with everyone!



# Training plan - weeks 1 – 4

| Week     | Monday                                               | Tuesday                                                                                 | Wednesday   | Thursday                                                                                                                                            | Friday                                               | Saturday                                               | Sunday                                                                          |
|----------|------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>1</b> | <b>Rest</b><br>Consider some core strength exercises | <b>Brisk walk</b><br>40 mins walk to include 5x5 mins brisk effort with 60 sec recovery | <b>Rest</b> | <b>Hilly walk</b><br>10 mins easy walking<br><br>3x10 mins with 60 secs brisk incline and decline with 90 secs recovery<br><br>10 mins easy walking | <b>Rest</b><br>Consider some core strength exercises | <b>Cross training</b><br>30 – 40 mins                  | <b>Long walk</b><br>1 hr 15 mins – 1hr 45 mins and off road if possible         |
| <b>2</b> | <b>Rest</b><br>Consider some core strength exercises | <b>Easy walk</b><br>50 – 60 mins easy walk                                              | <b>Rest</b> | <b>Hilly walk</b><br>10 mins easy walking<br><br>3x10 mins with 60 secs brisk incline and decline with 90 secs recovery<br><br>10 mins easy walking | <b>Rest</b><br>Consider some core strength exercises | <b>Cross training</b><br>30 – 40 mins                  | <b>Long walk</b><br>1 hr 45 mins – 2 hrs and off-road if possible               |
| <b>3</b> | <b>Rest</b><br>Consider some core strength exercises | <b>Brisk walk</b><br>50 – 60 mins walk                                                  | <b>Rest</b> | <b>Hilly walk</b><br>10 mins easy walking<br><br>3x10 mins with 60 secs brisk incline and decline with 90 secs recovery<br><br>10 mins easy walking | <b>Rest</b><br>Consider some core strength exercises | <b>Cross training</b><br>30 – 40 mins                  | <b>Long walk</b><br>Easy walk<br>2 hrs 45 mins – 3 hrs and off road if possible |
| <b>4</b> | <b>Rest</b><br>Consider some core strength exercises | <b>Brisk walk</b><br>50 – 60 mins walk                                                  | <b>Rest</b> | <b>Cross training</b><br>45 – 60 mins                                                                                                               | <b>Rest</b><br>Consider some core strength exercises | <b>Fartlek walk</b><br>30 – 45 mins hilly fartlek walk | <b>Long walk</b><br>2 hrs 45 mins – 3 hrs and off-road if possible              |

# Training plan - weeks 5 – 8

| Week     | Monday                                                                                | Tuesday                                                                                                                                          | Wednesday   | Thursday                                     | Friday                                               | Saturday                                               | Sunday                                                                                                                                                               |
|----------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------------------------------------------|------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>5</b> | <b>Rest</b><br>Consider some core strength exercises                                  | <b>Brisk walk</b><br>50 – 70 mins walk                                                                                                           | <b>Rest</b> | <b>Cross training</b><br>45 – 60 mins        | <b>Rest</b><br>Consider some core strength exercises | <b>Fartlek walk</b><br>40 – 50 mins hilly fartlek walk | <b>Long walk</b><br>3 hrs 45 mins – 4 hrs and off-road if possible                                                                                                   |
| <b>6</b> | <b>Rest</b><br>Consider some core strength exercises                                  | <b>Easy walk</b><br>40 mins<br>Walk for 20 mins, turn around and get back to the start 2 – 3 mins quicker over a route with incline and decline  | <b>Rest</b> | <b>Cross training</b><br>45 – 60 mins        | <b>Rest</b><br>Consider some core strength exercises | <b>Cross training</b><br>45 – 60 mins                  | <b>Long walk</b><br>4 hrs 30 mins – 4 hrs 45 mins mainly easy walk with the final 75 mins to include 3x20 mins brisk effort with a 2 – 3 mins easy effort in between |
| <b>7</b> | <b>Rest</b><br>A slightly lighter week to adjust to the training you have done so far | <b>Brisk walk</b><br>50 mins walk                                                                                                                | <b>Rest</b> | <b>Cross training</b><br>40 mins easy effort | <b>Rest</b><br>Consider some core strength exercises | <b>Easy walk</b><br>30 – 40 mins                       | <b>Long walk</b><br>2 hrs 15 mins with some off-road if possible                                                                                                     |
| <b>8</b> | <b>Rest</b><br>Consider some core strength exercises                                  | <b>Brisk walk</b><br>50 mins<br>Walk for 25 mins, turn around and get back to the start 2 – 3 mins quicker over a route with incline and decline | <b>Rest</b> | <b>Cross training</b><br>45 – 60 mins        | <b>Rest</b><br>Consider some core strength exercises | <b>Fartlek walk</b><br>40 – 50 mins hilly fartlek walk | <b>Long walk</b><br>4 hrs 30 – 45 mins easy walk with the final 75 mins to include 3x20 mins brisk effort with 3 mins easy effort in between                         |

# Training plan - weeks 9 – 12

| Week      | Monday                                                                                                                  | Tuesday                                                                                                   | Wednesday                                            | Thursday                                              | Friday                                               | Saturday                                          | Sunday                                                            |
|-----------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------------|
| <b>9</b>  | <b>Rest</b><br>Now we are in our peak training weeks so make sure your nutrition and snacking between meals is spot on! | <b>Brisk walk</b><br>60 mins with the final 25 mins at brisk effort over a route with incline and decline | <b>Rest</b><br>Consider some core strength exercises | <b>Cross training</b><br>45 – 60 mins                 | <b>Rest</b><br>Consider some core strength exercises | <b>Fartlek walk</b><br>60 mins hilly fartlek walk | <b>Long walk</b><br>16 – 19 miles off-road walk                   |
| <b>10</b> | <b>Rest</b><br>Consider some core strength exercises                                                                    | <b>Brisk walk</b><br>60 mins with the final 30 mins at brisk effort over a route with incline and decline | <b>Rest</b>                                          | <b>Cross training</b><br>50 – 60 mins                 | <b>Rest</b><br>Consider some core strength exercises | <b>Fartlek walk</b><br>60 mins fartlek walk       | <b>Long walk</b><br>5 hrs easy walk allowing breaks every 90 mins |
| <b>11</b> | <b>Rest</b><br>Consider some core strength exercises                                                                    | <b>Brisk walk</b><br>45 mins walk to include 4x5 mins brisk effort with 3 mins easy effort in between     | <b>Rest</b>                                          | <b>Hilly walk</b><br>30 – 40 mins easy cross training | <b>Rest</b><br>Consider some core strength exercises | <b>Fartlek walk</b><br>40 mins fartlek walk       | <b>Long walk</b><br>90 mins easy relaxed walk                     |
| <b>12</b> | <b>Rest</b><br>Consider some core strength exercises                                                                    | <b>Brisk walk</b><br>30 – 40 mins walk to include 3x5 minutes with 90 sec easy effort in between          | <b>Rest</b>                                          | <b>Easy walk</b><br>15 – 20 mins easy walk            | <b>Rest</b><br>Consider some core strength exercises | <b>Rest</b>                                       | <b>The big day is here! Good luck!</b>                            |

# Thank you

## Find out more

[fundraise.royalmarsden.org/bigtrek](https://fundraise.royalmarsden.org/bigtrek)

## Get in touch

[fundraising.events@rmh.nhs.uk](mailto:fundraising.events@rmh.nhs.uk)

0208 661 3391

@royalmarsden

