

Walking Programme – Level 3 Advanced

Preparing for distance walks, the longer challenge

Our advanced programme is aimed at anyone wanting to prepare for a long-distance walking event or those planning a walking holiday. It is also suitable as part of a weight-loss programme and to enhance general fitness. This plan assumes you can already walk for 30 minutes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	30-minute walk to include 3 x 5 minutes brisk effort, 2 minutes easy effort recovery	15–20 minutes steady walk before breakfast + Core exercises	Cross training (bike, cross trainer, rowing) – easy 30 minutes	REST	8 mins easy walking + 8 x 1-minute brisk uphill efforts with easy walk back recovery + 5 mins easy walking	Easy walk 60-70 minutes
Week 2	REST or easy swim or bike – 30 minutes	30-minute walk to include 5 x 4 minutes brisk effort, 90s easy recovery	20-minute steady walk before breakfast + Core Exercises	Cross training – easy 30 minutes	REST	8 mins easy walking + 8 x 1-minute brisk uphill efforts with easy walk back recovery + 8 mins easy walking	Easy Walk for 70 -80 minutes over a hilly route
Week 3	REST or easy swim or bike – 30 mins	40-minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	20–30-minute steady walk before breakfast + Core	Cross training – easy 30 minutes	REST	8 mins steady walking + 8 x 90s brisk uphill efforts with easy walk back recovery + 8 mins steady walking	Easy 90 -100 minutes over a hilly route
Week 4	Easy swim or bike – 30 mins + strength & conditioning/ core	40-minute walk to include 5 x 5 minutes brisk effort, 90s easy recovery	30-minute steady walk before breakfast + Core	Cross training – 30 progression of 10 minutes easy, 10 minutes steady, 10 minutes 'threshold'	REST	10 mins steady walking + 10 x 90 seconds brisk uphill efforts with easy walk back recovery + 10 mins	Easy 1hr 40-50 minutes over a hilly route
Week 5	REST	20-minute walk to include 3 x 4 minutes brisk effort, 2 minutes easy effort recovery	20-30 minutes steady walk before breakfast + Core	Cross training – easy 30 minutes	REST	40-minute walk to include 4 x 5 minutes brisk effort, 90s easy recovery	Easy 60 minutes
Week 6	Easy swim or bike – 30 mins + strength & conditioning/ core	45-minute walk to include 6 x 5 minutes brisk effort,	40-minute steady walk before breakfast + Core	40-minute steady walk before breakfast + Core: 2 mins	REST	40 minute 'fartlek' walk using landmarks.	Easy 2hrs over a hilly route with navigation

What Next? Congratulations! If you have completed this plan, we are sure that regular walking and activity are a part of your life. Action for Elders would love to hear your walking stories, especially if they have made a big difference in your life.

You may also like to contribute to our 'places to walk for leisure' suggestions as we are always on the lookout for walking ideas! Contact us at: info@actionforelders.org.uk

