



Trek26 Cotswolds training plan



Trek26
Cotswolds

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Top 10 tips



Remember how amazing you are

You're a superhero and you're changing lives with every step you take - remember that when things get tough. Why not ask everyone you love to choose a song for your training playlist and write a little note you can read to keep you going!



Have a routine

Life is busy and often it can seem daunting trying to squeeze in your training. By creating a routine and sticking with it, your body will start to adapt and become fitter. Try to get used to training regularly, even if this is a 30 minute walk in your lunch hour or an exercise class after work. Pick some weekends in advance that you're going to dedicate to your training and choose somewhere picturesque so you enjoy it!



Use the training plan

Your training plan is created by experts to help you smash your trek and enjoy that amazing finish line feeling! This pack includes everything you need to get trek ready and the handy tick boxes will help you keep track of your training.



Don't just walk

Your plan includes cross training days which will help make you strong and compliment your walking sessions. Exercise classes like circuit training, swimming or cycling are all great for improving your fitness. Practice some of the strength and conditioning exercises on page 12 to help build muscle.



Recover

Training is amazing, it will make you feel good and get you ready for your big adventure. But rest and recovery is equally as important for making you fitter and stronger. Rest days will allow your muscles to recover making them stronger for your next session so prioritise them.



Eat well

Food is energy, which you'll need lots of to keep you going with your training. Healthy carbohydrates, protein, fruit and vegetables are all essential for giving your body the nutrition it needs. Try to also snack regularly on healthy foods between meals, to keep your energy levels high. See more about nutrition on page 14.



Listen to your body

Your body is an amazing piece of kit. It tells you how it feels and what it needs. Listen to it and watch the signs. If you're sore you might be about to get injured, so rest, stretch more, have a massage or cross train instead of walking. Always aim for seven to eight hours of sleep to keep you energised!



Keep it social and have fun

If you enjoy your training, you're more likely to stick at it! Make it fun and share the journey with other people by walking with friends or a local group. Walking makes you feel good and gives you energy for everything else in your life.



Stay safe

Before you set off on a training walk, plan your route and take a map with you just in case. Charge your phone and pack extra food and water in your bag, so you have plenty to keep you going. If you're out walking alone, it's best to let someone know your route before you set off.



Download some apps

If you've got a smartphone, downloading a walking app could help you get the most from your training. Some phones already have built in trackers such as Apple Health which is great for tracking your steps and distance. FitBit is also a popular choice and Strava can be linked to your Just Giving page to post updates and keep track of your progress! Plus you can screenshot your results and brag about your successes on your [Facebook group](#)!

Having the right, good-quality kit will mean you can enjoy your Trek26 and be ready for anything. The weather isn't going to stop us taking on dementia, so be prepared for glorious sunshine or pouring rain (or both, this is the UK!).

Here we cover the most important things, but do check out your kit list for everything you need.

Boots

Getting a good pair of boots is the first step to success in taking on Trek26! They will prevent you from getting blisters and injuries which is vital when trekking 13 or 26 miles. Everyone's feet are different so it's best to visit a good outdoors shop where specialist staff can recommend the right pair for you and your walking style.

Be sure to look out for the below:

- Waterproof to keep your feet dry
- Ankle support for uneven terrain
- A moulded tread for grip and downhill slopes
- At least half a size bigger than your regular shoes to save those toenails!

Socks

Like your boots, socks can be recommended by an outdoor specialist. Padded and breathable socks made with wicking fabrics will provide additional cushioning but also help prevent blisters. Make sure your socks come over the height of your boots.

Be sure to look after your socks, keeping them dry and clean before you put them on. Even pack a spare pair in case your feet get wet or sore during the trek.

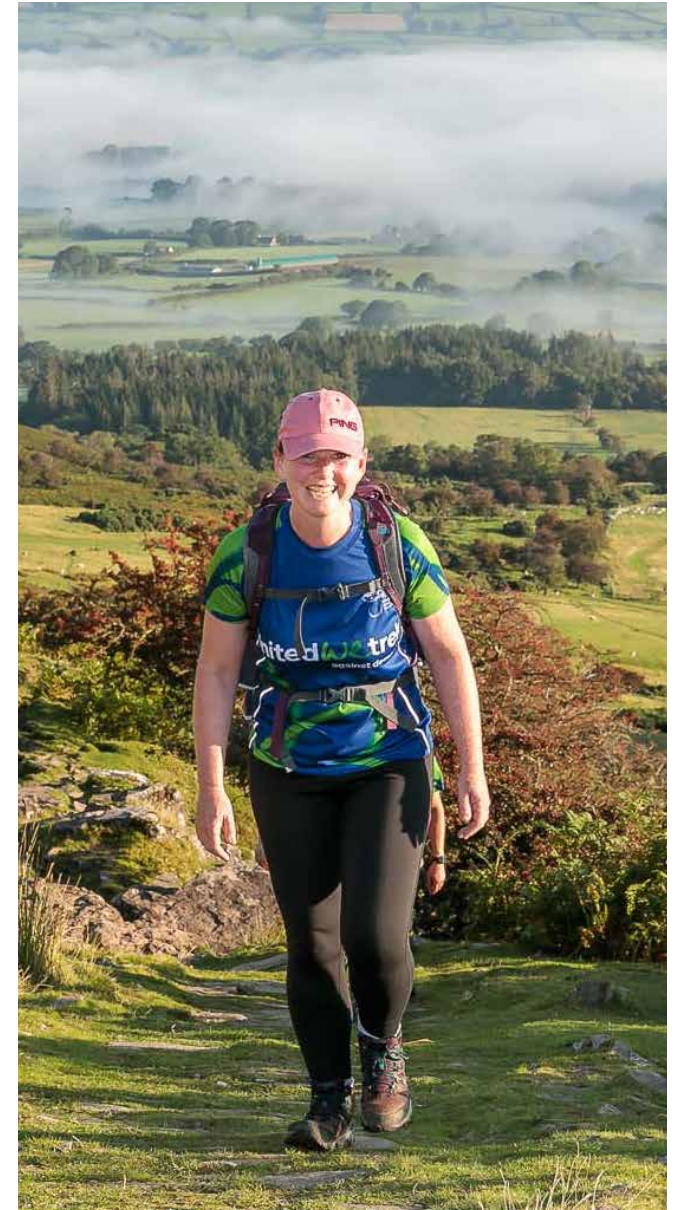
Walking poles

Walking poles can be great over hilly or rocky terrain. Benefits include protecting your knees and providing balance when walking downhill, and increasing power and endurance when walking uphill. They aren't essential however if you choose to use them we recommend you start during your training.

Clothing

Wicking materials are perfect for exercising as they draw moisture from the skin, keeping you dry (Trek26 tops are perfect for this if you hit your target!). Layers will trap heat to keep you warm and can easily be removed to cool you down. Be sure to bring a waterproof in the spirit of the great UK weather!

Everything you need (plus a bit more) is on your kit list [here](#).



26 mile route

Distance:

26 miles

Approximate
elevation gain:

3166 ft



Trek26 Cotswolds

You'll start the trek at Postlip Farm which sits just underneath the famous Cleeve Hill, the highest point of the Cotswolds. You'll walk north across parts of the famous Cotswold Way before looping down to Cleeve Hill itself to witness the incredible views across the hills. You'll then journey south, taking in the beautiful Sudeley Castle and the rolling landscape before returning to the finish.

Getting prepared

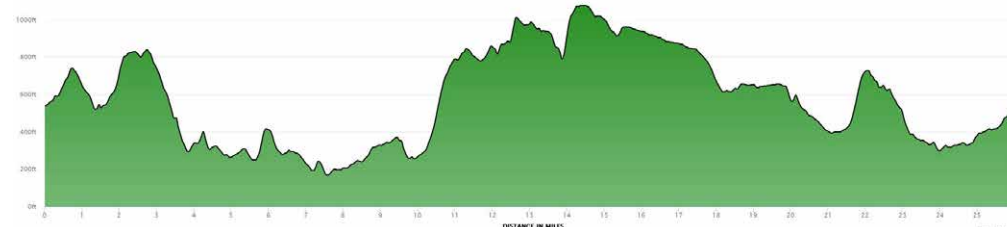
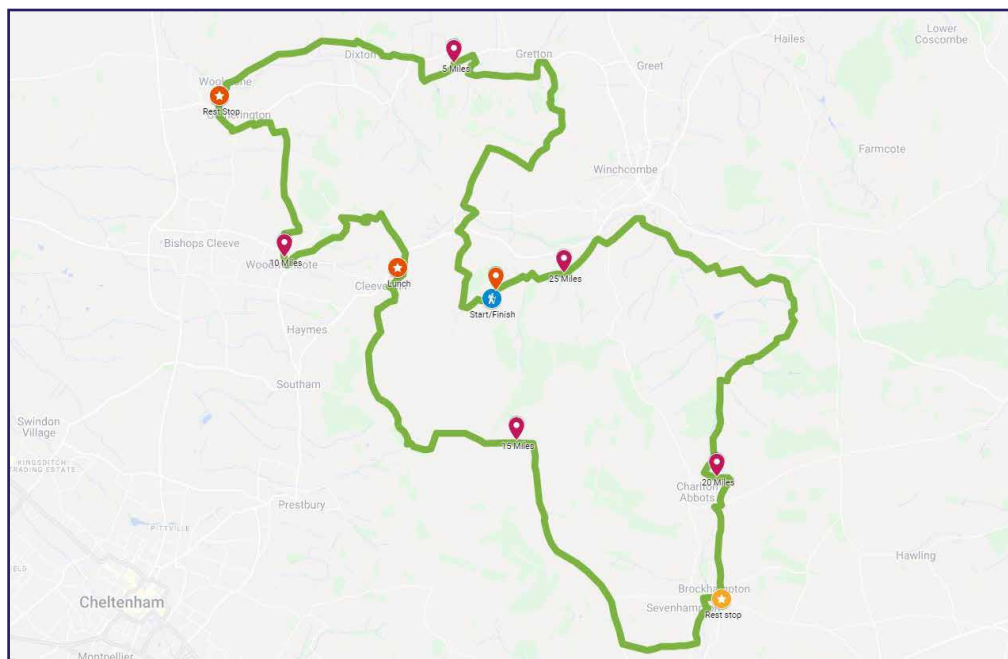
This is a tough trek so training is essential. You'll be conquering some hills so you may want to bring walking poles to help protect your knees. Sturdy walking boots with ankle support are a must varied terrain and it will be a huge benefit if these are worn-in before the big day!

The trek

You'll trek 26 miles starting and finishing at Postlip Farm. The route is circular so you will finish where you started. You can see a full map of the route [here](#).

On the day

You'll start your trek after breakfast and a safety briefing. There are plenty of rest stops along the route where you can top up your water, grab some snacks and use the toilets. You'll pick up lunch at the halfway mark and will celebrate with a glass of bubbly at the finish. This is a challenging event and whilst it is very achievable the distance should be respected and will require you to train!



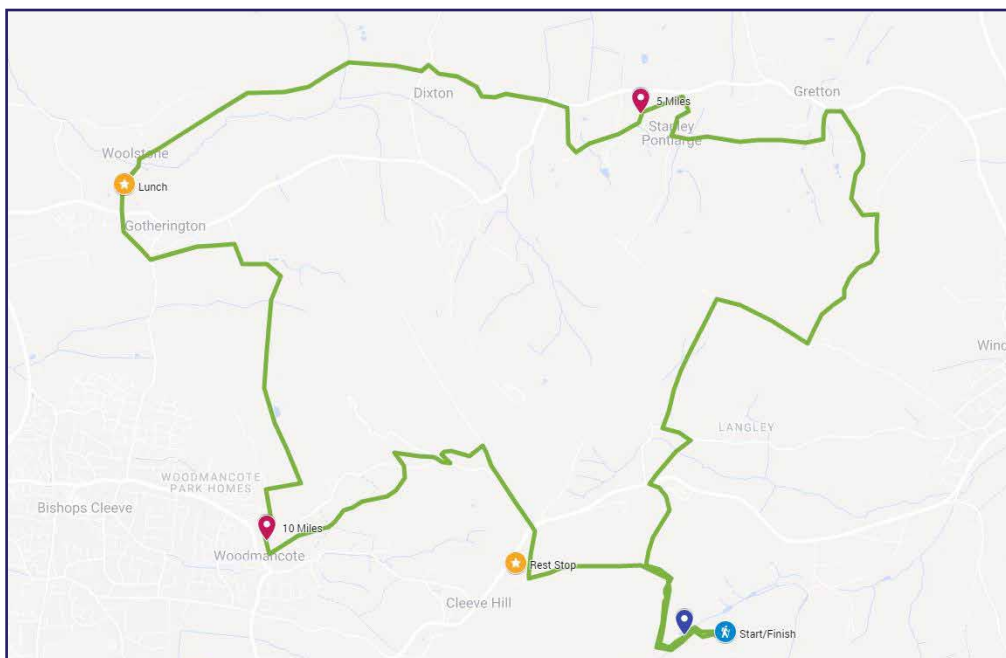
13 mile route

Distance:

13.1 miles

Approximate
elevation gain:

1864ft



Trek26 Cotswolds

You'll start the trek at Postlip Farm which sits just underneath the famous Cleeve Hill, the highest point of the Cotswolds. You'll walk north taking in parts of the famous Cotswold Way and the villages near it. You'll then loop down to Cleeve Hill itself to witness the incredible views across the hills before returning to the finish.

Getting prepared

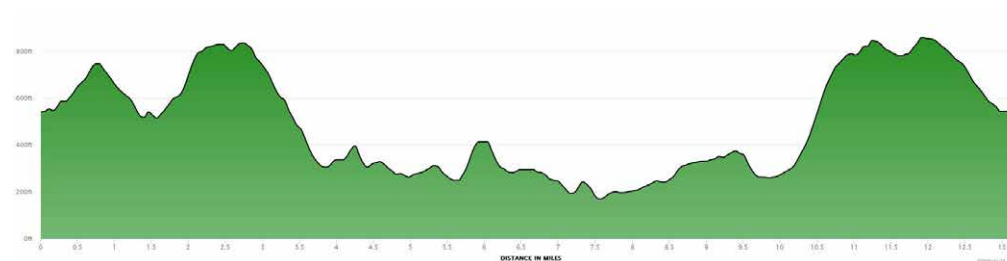
This is a tough trek so training is essential. You'll be conquering some hills so you may want to bring walking poles to help protect your knees. Sturdy walking boots with ankle support are a must varied terrain and it will be a huge benefit if these are worn-in before the big day!

The trek

You'll trek 13 miles starting and finishing at Postlip. The route is circular so you will finish where you started. You can see a full map of the route [here](#).

On the day

You'll start your trek after breakfast and a safety briefing. You'll pick up lunch at the halfway mark, where you can also top up your water, grab some snacks and use the toilets. As you cross the finish line you'll celebrate with a glass of well-deserved bubbly. This is a challenging event and whilst it is very achievable the distance and terrain should be respected and will require you to train!



Your training plan is coming up. But first here are some of the things you'll see throughout the guide.

The coloured squares show the intensity you'll be working that day.

The coloured dots show any additional conditioning or stretching you need to do.

Weeks

Everyone taking on Trek26 Cotswolds should complete the first 12 weeks of the plan. For those of you doing the 26 mile trek, there are an additional 4 weeks to complete.

Cross Training

It's important that your training is balanced by lower impact activities to prevent you from picking up an injury. Cross training days are for anything that gets your heart beating faster, like swimming, cycling or exercise classes.

Hill Training

Hill training requires a bit more effort to get you used to the elevations on the day. Try to find an undulating route with a variety of terrains i.e. fields, roads, uneven tracks.

Easy Walks

Easy walks should be quite flat. These will help build your stamina and endurance for the trek.

Brisk Walks

On these days we ask you to include blocks of effort to raise your heart rate a little. Target an effort where you can speak only 5-6 words at a time.

Rest













Rest is critical to allow your muscles to repair and build which will make you stronger and able to walk further. Be sure to stay hydrated and eat lots of nutritious food on these days.

Training Plan Key
















- Conditioning using page 12 of your guide
- Stretching is important here using page 11 of your guide



Training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 minute walk Easy pace <input type="checkbox"/>	30 minute walk Include 3 x 5 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	Hill training 10 minute steady walk. Walk briskly uphill for 90 seconds then slowly back down. Repeat 8 times. 10 minute steady walk. <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training  <input type="checkbox"/>	1 hour 30 walk Off road. Easy.  <input type="checkbox"/>
2	30 minute walk Easy pace <input type="checkbox"/>	30 minute walk Include 5 x 4 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	Hill training 10 minute steady walk. Walk briskly uphill for 90 seconds then slowly back down. Repeat 10 times. 10 minute steady walk. <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training  <input type="checkbox"/>	1 hour 45 walk Off road. Easy.  <input type="checkbox"/>
3	30 minute walk Easy pace <input type="checkbox"/>	40 minute walk Include 5 x 5 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	Hill training 10 minute steady walk. Walk briskly uphill for 90 seconds then slowly back down. Repeat 12 times. 10 minute steady walk. <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training  <input type="checkbox"/>	2 hour walk Off road. Easy.  <input type="checkbox"/>
4	30 minute walk Easy pace <input type="checkbox"/>	40 minute walk Include 5 x 5 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	Hill training 10 minute steady walk. Walk briskly uphill for 2 minutes then slowly back down. Repeat 6-8 times. 10 minute steady walk. <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training  <input type="checkbox"/>	2 hour 30 walk Off road. Easy.  <input type="checkbox"/>

Training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	30 minute walk Easy pace <input type="checkbox"/>	45 minute walk Include 6 x 5 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	40 minute walk Include 3 x 5 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training  <input type="checkbox"/>	1 hour 30 walk Off road. Hilly.  <input type="checkbox"/>
6	30 minute walk Easy pace <input type="checkbox"/>	45 minute walk Include 6 x 5 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	Hill training 10 minute steady walk. Walk briskly uphill for 2-3 minutes then slowly back down. Repeat 8 times. 10 minute steady walk. <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training  <input type="checkbox"/>	3 hour walk Off road. Hilly.  <input type="checkbox"/>
7	30 minute walk Easy pace <input type="checkbox"/>	45 minute walk Include 3 x 10 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training  <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute walk Varied pace  <input type="checkbox"/>	3 hour 30 walk Off road. Hilly.  <input type="checkbox"/>
8	30 minute walk Easy pace <input type="checkbox"/>	55 minute walk Include 3 x 10 minutes of brisk effort  <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training  <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute walk Varied pace  <input type="checkbox"/>	3 hour 45 walk Off road. Hilly.  <input type="checkbox"/>

Training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	30 minute walk Easy pace <input type="checkbox"/>	40 minute walk Walk for 20 minutes. Walk back 2-3 min quicker. <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute cross training <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute walk Varied pace <input type="checkbox"/>	4 hour walk Off road. Hilly. <input type="checkbox"/>
10	30 minute walk Easy pace <input type="checkbox"/>	40 minute walk Include 4 x 5 minutes of brisk effort <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute cross training <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute walk Easy pace <input type="checkbox"/>	11 mile walk (13 milers) 18 mile walk (26 milers) <input type="checkbox"/>
11	30 minute walk Easy pace <input type="checkbox"/>	50 minute walk Walk for 25 minutes. Walk back 2-3 min quicker. <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute cross training <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute walk Varied pace <input type="checkbox"/>	2 hour walk Off road. Easy. <input type="checkbox"/>
12	30 minute walk Easy pace <input type="checkbox"/>	50 minute walk Walk for 25 minutes. Walk back 2-3 min quicker. <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute cross training <input type="checkbox"/>	Congratulations 13 mile trekkers. You've completed your training. <input type="checkbox"/>	60 minute walk Varied pace <input type="checkbox"/>	4 hour 30 walk Off road. Hilly. <input type="checkbox"/>

Training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 (26 miles)	30 minute walk Easy pace <input type="checkbox"/>	50 minute walk Walk for 25 minutes. Walk final 25 minutes briskly. <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute cross training <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute walk Varied pace <input type="checkbox"/>	20 mile walk Off road. Hilly. <input type="checkbox"/>
14 (26 miles)	30 minute walk Easy pace <input type="checkbox"/>	50 minute walk Walk for 25 minutes. Walk final 25 minutes briskly. <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute cross training <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute walk Varied pace <input type="checkbox"/>	2 hour 30 walk Off road. Easy. <input type="checkbox"/>
15 (26 miles)	30 minute walk Easy pace <input type="checkbox"/>	40 minute walk Include 5 x 5 minutes of brisk effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute cross training <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute walk Varied pace <input type="checkbox"/>	1 hour 30 walk Off road. Easy. <input type="checkbox"/>
16 (26 miles)	30 minute walk Easy pace <input type="checkbox"/>	40 minute walk Include 3 x 5 minutes of brisk effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	20 minute walk Easy pace <input type="checkbox"/>	Congratulations 26 mile trekkers. You've completed your training. <input type="checkbox"/>	Rest <input type="checkbox"/>	And rest! <input type="checkbox"/>

Why stretch?

Whenever you exercise your body produces lactic acid which contributes to sore, achy muscles. Stretching can help reduce lactic acid throughout the body. It also relaxes tense muscles which will reduce the chance of injury after exercising.

- Muscles stretch when they're warm so always stretch after your training to avoid injury
- Stretch both legs, holding each stretch for 45 seconds and repeating 2-3 times



Glutes

Sit with one leg out straight. Cross your other leg over, keeping your knee bent. Keep your back straight and hug your knee to your chest.



Hamstring (Belly)

Keeping your legs straight, lay on your back with one leg on the ground. Raise your other leg towards you and hold the back of your calf. Use a rope or towel around the foot to help if you need to.



Hamstring (Origin)

Lay on your back with one leg straight on the ground. Bending the knee, pull your other leg up to your chest and hug with both arms.



Lower back

Lay on your back with one leg straight on the ground and bend your other knee towards you at a right angle. Keeping your shoulders flat on the ground, lower your bent leg across your body. Hold your knee with the nearest arm and use the other as an anchor.



Quads

Grasp the top of the ankle with the same side hand and bring heel to backside. Hips should be pushed forward.



Hips

Kneel on one knee and stretch your other leg forward with a large stride. Push hips downwards until a stretch is felt in the front of your hips/quads.



Calf

Stand with your feet shoulder width apart, step one foot forward. Bend your front knee while keeping both feet flat and stretching your back leg.



Calf

Stand with your feet shoulder width apart, step one foot forward. Bend your front knee while keeping both feet flat and then bend your back knee to stretch lower calf above achilles.



Single Leg Squat

Stand on one leg, engage your glute on your standing leg, keep your hips facing forward and aligned with your knee and toe. Send your hips backwards whilst bending at the knee. You don't want your knee to roll inwards, so go down as far as you can without that happening before moving back to a tall standing position.

Reps: Repeat 8-15 times per leg and slowly build it up gradually.



Bridge

Lying on your back, bend your knees towards you, keeping your feet flat on the ground. Push your hips up until you have a straight line from your shoulders to your knees. Keep your hips high by squeezing your glute muscles.

Reps: Hold this for 45-60 seconds and build up gradually.



Plank

Lying on your front, clasp your hands and push up, making sure you keep your chest over your elbows. Keep a straight line from your neck, down through your legs to your ankles by engaging all your core.

Reps: Hold this for 30 seconds to one minute and build it up gradually.



Side Plank

Make a right angle with your supporting arm, your feet together and your stomach strong. Rise up, making sure you squeeze your glutes and push your pelvis through.

Reps: Hold this for 30 seconds to one minute and build it up gradually.



Finger Crusher

Get into a sit-up position. Find the natural arch in your back and place your hands under the arch. Engage your lower abs and pelvic floor and push your spine down onto your hands, trying to crush your fingers into the ground.

Reps: Hold this for 45-60 seconds and build up gradually.



Back Extension

Lie on your front with your toes on the ground and fingers on temples. Raise your chest off the ground by engaging your lower back muscles. After a few seconds relax back to the ground.

Reps: Repeat for 45-60 seconds.

What it's all about?

There are two types of cross-training – strength and aerobic. Strength conditioning works to build your muscles and improve your posture. Aerobic conditioning exercises your heart and builds stamina.

Your heart doesn't know the difference between going for a walk or cross-training, it just works as hard as you ask it to. You can really boost your fitness towards any walking distance with clever cross-training.

You can use the strength exercises we have shown you in this guide as one form of cross training. For aerobic conditioning try swimming, cycling and gym classes.

Get checked out

If you're injured firstly consult a doctor or physiotherapist before embarking on your cross training. If they say you are able, still follow your training plan but use cross training instead. Don't lose that hard-earned fitness – if you can do it safely and pain free then maintain your fitness with cross training. If you can see a sports physio or injury expert, they will also offer rehab exercises and training advice to go alongside.

Keep focused

Whilst cross training can add masses of value and variety to your weekly training, remember your goal. At the end of your block of training you need to feel you have the strength and the fitness to hike. The minute your conditioning or cross training is getting so hard that it's leaving you too tired to complete your long hikes, then it's lost the benefit. It is there to support your hikes, not replace them.

Heart rate

If you want to get serious with your cross training you may wish to explore investing in a heart rate monitor which will help you train in the correct effort zones and allow you to keep a track of your developing fitness. Over time you should feel you're able to better control sudden increases in heart rate when you hike at a similar intensity. You may also notice your resting heartrate going down a few beats! .

Gym classes

You may already be a member of a gym or go to local fitness classes. These can be great for giving you a motivating environment to complete your conditioning or cross training. Remember the key rules in this though - stay focused and don't leave your classes super tired. Pilates, yoga, and core classes can be a great option to add to your training mix.



Nutrition is a key element of training. Without getting the basics right you will struggle to have the energy to train well or the nutrients to heal and adapt to the training you have completed.

It's a huge area with ever developing research so here we cover just the basic tips.

Micro-nutrients

Vitamins and minerals will deplete more quickly as you train harder so your demands will go up. Iron, vitamin D, B12, C, magnesium and calcium are just some of the basic ones to be aware of. Increase your nutrient density by eating as broad a range of foods as you can. Plenty of variety in your fruit and vegetables is a great place to start!

Never hungry, never over full

Split those big main meals into 5-6 smaller meals, with mid morning and mid-afternoon snacks to ensure blood sugar levels are balanced.

Hydration

Aim to drink 2-3 litres of fluid a day sipping regularly on water or even water with electrolyte tablets (e.g. High5 Zero). Avoid drinking caffeine with your main meals as this can limit some of your nutrient absorption and late at night which will impact on your sleep. As your peak weeks of training kick in you may wish to monitor alcohol consumption which can have a big impact on your recovery.

Protein rich, carbohydrate clever

Carbohydrate is critical to fuelling your training effectively. Take on high quality, 'slow release' complex carbohydrates including plenty of oatcakes, sweet potatoes and whole grains.

Protein provides the essential nutrients you need to heal damaged muscle fibres and tissues from lean meats, fish, nuts, sprouting seeds and tofu.

Get to bed

Sleep is vital to adapting to training and getting fitter. Lack of sleep will limit your ability to achieve deep sleep, release growth hormones and will affect cortisol and stress levels. Get into a good pattern at night, aim for 7-9 hours, avoid digital screens in the final hour before bed and limit caffeine and alcohol late at night.

Monitor your health

As you increase your training your body and your energy demands will change. Your diet will need to change and adapt with this. Become good at monitoring your energy levels and notice any sustained increase in fatigue or tiredness over several days. Keep a training diary and note down on those walks that felt fantastic what you ate and drank so you can repeat this in the future!

Avoid the terrible too's

Building your training up too fast, too soon and doing too much training too hard is a sure fire way to pick up niggles and gradually lose the motivation to get on and train. Stick to the plan, be patient and don't panic or back fill training if you have started late or had some time off.

Ignore the myths

There are a lot of myths and scare stories out there surrounding nutrition. Nobody should ever look to eliminate whole food groups unless recommended to do so by a qualified dietician, nutritionist or doctor. Avoid the advice of unqualified bloggers and if you want to explore your own nutrition in depth seek a fully qualified professional.

Know when to back off

If you are regularly tired no matter how much sleep you are getting, feel your nutrition is good but still lack energy, are struggling to improve or even going backwards despite doing more and start to lose motivation to get out and train you might be over training. Listen to your body and be prepared to take an extra rest day and adapt your plan if needed.

Contact

We're here to help

If you need anything at all, email the Alzheimer's Society Events Team on events@alzheimers.org.uk or if you want to chat call us on 0300 222 5808.

Training

Running With Us are the UK's leading provider of coaching services for charity events. The team are there to support your training experience and can offer advice on anything from preventing blisters, to boosting your nutrition to recovering from injuries.

Contact Nick at Running With Us on info@runningwithus.com



You've got this!

A massive thank you for signing up to Trek26 Cotswolds - we know you're going to absolutely smash it!

When your training gets tough, just remember that every step you take is getting us closer to a cure for dementia.



Trek26
Cotswolds

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