ARUK Explorer

8 Miles
Beginner

Contact us
@RUNNINGWITHUS
INFO@RUNNINGWITHUS.COM
USING THE PLANS

• A full glossary of the walks and sessions in this plan can be found in our training guide. This page outlines the key elements:

• Fartlek hikes: On these days we want you to include a mix of short and long faster efforts up and down hill during the hike, using landmarks as targets.

• Hilly hikes: These days include specific efforts up hill to build strength and endurance and get your prepared for the route.

• Cross training: Swimming, running, elliptical training, rowing etc. can be used to give you a great fitness boost.

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

• Easy walks or long hikes: Getting used to easy time on feet hiking is the cornerstone of your plan. The majority of your long hikes should be conversational.

• Rest: Rest is critical to adaptation and progression, you might be completing core or stretching on these days though!
About the plan:

Do I need to follow a plan?
If you keep doing the same things over and over again you can’t expect different results. The purpose of a plan is designed to add variety, structure and progression to your training and as a result push your fitness along faster… and hopefully more enjoyably!

Taking control
No training plan is designed to be a tablet of stone. View your training as a journey - it might not always go smoothly. Feel free to chop and change the plan and shift hikes to different days that may work better for you. If you miss days through work, holiday, sickness or injury, don’t try to play catch-up. Step back into the plan where you left off, and be patient.

What to expect
This training plan is designed to get you ready and prepared for your hiking challenge. The plan will build gradually over the course of 12 weeks and will include hiking sessions which mirror some of the demands of the event.

What else do I need to know?
Our ‘Trekking Guide’ includes loads of useful training advice from stretching and core work to tips on recovery, kit and nutrition.
<table>
<thead>
<tr>
<th>Week number</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>1</td>
<td>REST</td>
<td>REST</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING(SWIM, BIKE, CROSS TRAINER, ROWER) 30-40 MINS EASY</td>
<td>LONG HIKE EASY WALK 60-75 MINS OFF ROAD IF POSSIBLE</td>
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<tr>
<td>2</td>
<td>REST</td>
<td>EASY HIKE 30-40 MINS AT EASY CONVERSATIONAL PACE</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING(SWIM, BIKE, CROSS TRAINER, ROWER) 30 MINS EASY</td>
<td>LONG HIKE EASY 75 MINUTE OFF ROAD IF POSSIBLE</td>
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<tr>
<td>3</td>
<td>REST</td>
<td>REST</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING(SWIM, BIKE, CROSS TRAINER, ROWER) 30 MINS EASY</td>
<td>LONG HIKE EASY WALK 1HR 30 MINS OFF ROAD IF POSSIBLE</td>
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<tr>
<td>4</td>
<td>REST</td>
<td>REST</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING(SWIM, BIKE, CROSS TRAINER, ROWER) 40 MINS EASY</td>
<td>LONG HIKE EASY WALK 1 HOURS 45 MINS OFF ROAD IF POSSIBLE</td>
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<tr>
<td>5</td>
<td>REST</td>
<td>REST</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING(SWIM, BIKE, CROSS TRAINER, ROWER) 40 MINS EASY</td>
<td>LONG HIKE EASY WALK 2 HOURS 15 MINS OFF ROAD IF POSSIBLE</td>
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<tr>
<td>6</td>
<td>REST</td>
<td>REST</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING(SWIM, BIKE, CROSS TRAINER, ROWER) 40 MINS EASY</td>
<td>LONG HIKE 2.5 HOUR WALK WITH THE FNAL 60-90 MINUTES TO INCLUDE BRISK UP HILL EFFORTS</td>
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**ARUK Explorer 8 miles beginner**

**BRISK HIKE**
- 40 MINUTE WALK TO INCLUDE 5X5 MINS AT BRISK EFFORT WITH A 90 SECOND EASY RECOVERY
- 45 MINUTE WALK TO INCLUDE 6X5 MINS AT BRISK EFFORT WITH A 90 SECOND EASY RECOVERY
- 50 MINUTE WALK TO INCLUDE 3X10 MINS AT BRISK EFFORT WITH A 90 SECOND EASY RECOVERY
- 50-60 MINUTE WALK TO INCLUDE 3X10 MINS AT BRISK EFFORT WITH A 90 SECOND EASY RECOVERY
- 40 MINUTE OUT AND BACK WALK – WALK OUT FOR 20 MINUTES, TURN AND GET BACK TO THE START 2-3 MINS QUICKER

**CROSS TRAINING**
- SWIM
- BIKE
- CROSS TRAINER
- ROWER

**LONG HIKE**
- EASY WALK 60-75 MINS OFF ROAD IF POSSIBLE
- EASY WALK 1HR 30 MINS OFF ROAD IF POSSIBLE
- EASY WALK 1 HOURS 45 MINS OFF ROAD IF POSSIBLE
- EASY WALK 2 HOURS 15 MINS OFF ROAD IF POSSIBLE

**ALZHEIMER’S RESEARCH UK FOR A CURE**
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<tr>
<td>7</td>
<td>REST – THIS IS A SLIGHTLY LIGHTER WEEK TO ADAPT TO THE TRAINING YOU HAVE ALREADY DONE</td>
<td>BRISK HIKE 40 MINUTE WALK TO INCLUDE 3X5 MINS AT BRISK EFFORT WITH A 90 SECOND EASY RECOVERY</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING (SWIM, BIKE, CROSS TRAINER, ROWER) 40 MINS EASY</td>
<td>LONG HIKE 1 HOUR 45 MINS ALL EASY</td>
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<tr>
<td>8</td>
<td>REST – NOW WE ARE IN OUR PEAK TRAINING WEEKS SO MAKE SURE YOUR NUTRITION AND SNACKING BETWEEN MEALS IS SPOT ON!</td>
<td>BRISK HIKE 45 MINUTES WITH THE FINAL 20 AT BRISK EFFORT</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING (SWIM, BIKE, CROSS TRAINER, ROWER) 40 MINS EASY</td>
<td>LONG HIKE 2 HOURS 45 MINS WITH 2X30 MINUTES AT BRISK EFFORT</td>
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<tr>
<td>9</td>
<td>REST</td>
<td>BRISK HIKE 45 MINUTES WITH THE FINAL 25 AT BRISK EFFORT</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING (SWIM, BIKE, CROSS TRAINER, ROWER) 40 MINS EASY</td>
<td>LONG HIKE 3 HOURS ALL EASY</td>
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<tr>
<td>10</td>
<td>REST</td>
<td>BRISK HIKE 50 MINUTES WALK OUT FOR 25 MINUTES AT A STEADY EFFORT TURN AND GET BACK 24 MINUTES QUICKER</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING (SWIM, BIKE, CROSS TRAINER, ROWER) 40 MINS EASY</td>
<td>LONG HIKE 2 HOURS 45 MIN - 3 HOURS WITH 3X10 MINS AT BRISK EFFORT</td>
</tr>
<tr>
<td>11</td>
<td>REST – IN THE FINAL TWO WEEKS YOU WILL SEE YOUR TRAINING CUT BACK A LITTLE TO ENSURE YOU ARE FEELING RECOVERED FOR EVENT DAY!</td>
<td>BRISK HIKE 40 MINUTE WALK TO INCLUDE 4X5 MINUTES BRISK EFFORT WITH 90 SECOND EASY RECOVERY</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>CROSS TRAINING (SWIM, BIKE, CROSS TRAINER, ROWER) 40 MINS EASY</td>
<td>LONG HIKE 1 HOUR 30 MINS EASY RELAXED WALK</td>
</tr>
<tr>
<td>12</td>
<td>REST</td>
<td>BRISK HIKE 30-40 MINUTE WALK TO INCLUDE 3X5 MINUTES BRISK EFFORT WITH 90 SECOND EASY RECOVERY</td>
<td>REST – CONSIDER OUR CORE EXERCISES IN OUR TREKKING GUIDE</td>
<td>REST</td>
<td>REST</td>
<td>EVENT WEEKEND! GOOD LUCK!</td>
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**ALZHEIMER'S RESEARCH UK**
You can always substitute your hikes with cross training if your legs are tired or sore or you want a change. All our top cross training tips can be found in our Trekking Guide.

- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Vary your routes and enjoy every walk!