

TREK FOR TIMOR TRAINING GUIDE

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Think about
1	Rest day	Walk or run 45 mins inc. hills	Cross training, strength work, stretching	Walk or run 60 mins inc. hills	Rest day	Walk or run 3 hrs or 10 km	Getting the all-clear from your doctor, trainer, physiotherapist, other health professional - before starting any training program.
2	Rest day	Walk or run 45 mins inc. hills	Cross training, strength work, stretching	Walk or run 60 mins inc. hills	Rest day	Walk or run 4 hrs or 15 km	Boots, socks and clothes - try different gear to see what works best for you and stick with it for training and the event itself. Worn-in boots are essential.
3	Rest day	Walk or run 60 mins inc. hills	Cross training, strength work, stretching	Walk or run 75 mins inc. hills	Rest day	Walk or run 4 hrs or 18 km	Event nutrition - try different energy-dense foods to see which work best for you. Stick with them for training and the event itself.
4	Rest day	Walk or run 60 mins inc. hills	Cross training, strength work, stretching	Walk or run 75 mins inc. hills	Rest day	Walk or run 5 hrs or 20 km	Event hydration - try out different sports drinks and ways to carry them. Stick with what works for you for training and the event itself.
5	Rest day	Walk or run 75 mins inc. hills	Cross training, strength work, stretching	Walk or run 90 mins inc. hills	Rest day	Walk or run 5 hrs or 20 km	Night walking - make sure you do some training at night wearing a head light, on similar terrain to the track itself.
6	Rest day	Walk or run 75 mins inc. hills	Cross training, strength work, stretching	Walk or run 90 mins inc. hills	Rest day	Walk or run 6 hrs or 25 km	Managing blisters and chafing - file off hardened skin, wear moisture wicking socks, beware of spots that rub and treat appropriately. Carry a blister kit and chafing cream.
7	Rest day	Walk or run 90 mins inc. hills	Cross training, strength work, stretching	Walk or run 120 mins inc. hills	Rest day	Walk or run 7 hrs or 30 km	Finishing as a team - how to support each other, work with your strengths and overcome weaknesses so the team that starts the event finishes it together.
8	Rest day	Walk or run 90 mins inc. hills	Cross training, strength work, stretching	Walk or run 90 mins inc. hills	Rest day	Walk or run 4 hrs or 14 km	Briefing your support crew - equipment they need, first aid kit, food, transport, everything and anything to keep you motivated and in top physical and mental condition.
9	Rest day	Walk or run 60 mins easy	Cross training, strength work, stretching	Walk or run 60 mins easy	Rest day	Walk or run 2 hrs or 8 km	Pre-event nutrition - increase the amount of carbs you eat in the last 3 days before the event. Avoid high fibre foods during this time.
10	Walk	Walk 45 mins easy	Rest day	Rest day	Rest day	Trek for Timor!	Recovery nutrition and hydration, injury management - eat a carb- rich meal or snack within one hour of finishing and keep hydration up. Attend to injuries ASAP.