

A group of hikers is shown on a dirt trail. In the foreground, a woman with dark hair, wearing sunglasses, a green tank top, and black shorts, is smiling and waving with both hands. She has a race bib on her chest that reads "SAIRA, A" and "1799". She is also wearing a backpack and using trekking poles. Behind her, several other hikers in similar green shirts are walking along the trail. The trail is surrounded by tall grass and leads towards a body of water in the distance under a clear sky.

# Hiking Guide

Mighty Hike Plan  
Half marathon - Flat

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## Key Tips

- Repeat key stretches 2-3 times if certain muscle groups seem particularly tight.
- Hold stretch for 40-45 seconds each time and complete them after your hikes.
- Never stretch cold muscles.
- A good stretching routine will help to restore the muscle balance and allow you to be more flexible.
- Consider investing in an 'MOT' with a sport physiotherapist or sports massages which can help manage the build up in tightness that will occur in your training.
- A foam roller can be used to supplement your stretching on a day-to-day basis to carry out self massage.

## Key Stretches



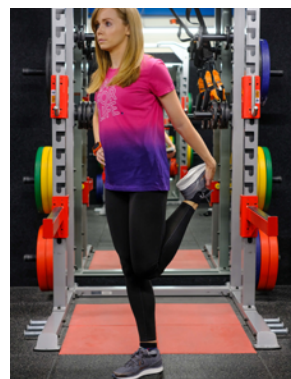
### • Glutes

Sit with one leg out straight. Cross the other leg over, keeping knee bent. To feel stretch in backside, hug bent knee into chest. Keep back straight.



### • Hamstring (Belly)

Lay on your back. Keep one leg on the ground. Raise other leg holding the back of the calf. Bring up to feel the stretch in the middle of the hamstring.



### • Quads

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

**• Hip Flexors**

Kneel on one knee and make sure you have a 90 degree angle at both knees. Push hips down and forwards until you can feel a stretch at the front of the hip.

**• Calf (Gastrocnemius)**

Stand with feet shoulder width apart. Take one foot forward and keep feet parallel. Maintain the arch in the forward foot by pressing down with the toes to stop foot rolling in. Straighten back leg and feel stretch in top area of the calf.

**• Calf (Soleus)**

Repeat position of the gastrocnemius stretch but this time bend back leg to take stretch into lower calf above Achilles.

# Strength & Conditioning

## 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.

Hold this for 45-60 seconds per set.

**The next level:** Do small alternate leg lifts, while still keeping even pressure on your hands or extending in to 'bicycle' movement in and out with your legs.

## Plank

Lift your body up with your weight on your elbows and toes. Keep a straight line from the neck down through the legs to your ankles, engage all your core muscles by sucking your belly button up to the ceiling. Keep your chest over your elbows. Hold for 30-60 secs.

**The next level:** Add in small alternate leg lifts. If this is too hard to begin with, you can avoid lower back pain by doing this with your knees on the ground.

## 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.

Hold it for 30-60 seconds.

**The next level:** Lift your free arm into the air, keep your side really strong, and don't let your middle sag.

## Bridge

From a sit up position raise your hips up so your body forms a straight line from shoulder to hips to knees. Hold this position for 45-60 seconds by squeezing your glutes and your lower abdominal muscles.

**The next level:** From a 'bridge' position straighten one leg at a time aiming to not let your hips 'sag' as you do so.

## 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. Repeat 8-15 times before changing legs.

**The next level:** You can use a Swiss ball or use a 'wobble board' under your foot.

# Half marathon Flat

## Remember!

You can always substitute your hikes with cross training if your legs are tired or sore or you want a change.

- Try to stretch every day for at least 10 minutes.
- Try to vary your routes and enjoy every walk!

## 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!

### What to expect

This training plan is designed to get you ready and prepared for your Mighty Hike. The plan will build gradually over the course of 15 weeks and will include hiking sessions which mirror some of the demands of the event.

### 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.

## Key



### Hilly hikes:

These days include specific efforts up hill to build strength and endurance and get you 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. Aim for an effort where you could speak only 5-6 words at a time.



### Easy walks or long hikes:

Getting used to easy walks, long hikes or spending a long time on your feet is very important and will give you a good base for harder hikes.



### Rest:

Rest is critical to adaptation and progression: you could add in core or stretching on these days though!

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	<b>Brisk hike</b> 30–40 min walk, include 3×5 mins brisk effort with a 2 min easy recovery	<b>Rest</b> Consider core exercises	10 mins steady walking 4–6×90 secs brisk efforts with recovery + 10 min steady walking	Rest	<b>Optional or rest</b> <b>Cross training</b> (swim, bike, cross trainer, rower) 20 mins easy effort	<b>Long hike</b> Easy walk 100 min (off-road if possible)
2	Rest	<b>Brisk hike</b> 30–40 min walk, include 5×4 mins brisk effort with 90 sec recovery	<b>Rest</b> Consider core exercises	10 mins steady walking 6–8×90 secs brisk efforts with recovery + 10 min steady walking	Rest	<b>Optional or rest</b> <b>Cross training</b> (swim, bike, cross trainer, rower) 20 mins easy effort	<b>Long hike</b> Easy walk 1.50–2 hrs (off-road if possible)
3	Rest	<b>Brisk hike</b> 40 min walk, include 5×5 mins brisk effort with 90 sec recovery	<b>Rest</b> Consider core exercises	10 mins steady walking 8–10×90 secs brisk efforts with recovery + 10 min steady walking	Rest	<b>Optional or rest</b> <b>Cross training</b> (swim, bike, cross trainer, rower) 30 mins easy effort	<b>Long hike</b> Easy walk 2.15–2.30 hrs (off-road if possible)
4	Rest	<b>Brisk hike</b> 40 min walk, include 5×5 mins brisk effort with 60 sec recovery	<b>Rest</b> Consider core exercises	10 mins steady walking 4–6×2 mins brisk efforts with recovery + 10 min steady walking	Rest	<b>Optional or rest</b> <b>Cross training</b> (swim, bike, cross trainer, rower) 30 mins easy effort	<b>Long hike</b> Easy walk 2.50 hrs (off-road if possible)
5	Rest	<b>Easy hike</b> 50–60 min easy walk at conversational effort	<b>Rest</b> Consider core exercises	<b>Brisk hike</b> 30 min walk, include 2×5 mins brisk effort with 90 sec recovery	Rest	<b>Optional or rest</b> <b>Cross training</b> (swim, bike, cross trainer, rower) 30 mins easy effort	<b>Long hike</b> Easy walk 1.45 hrs (off-road if possible)
6	Rest	<b>Brisk hike</b> 50–60 min walk, include 6×5 mins brisk effort with 90 sec recovery	<b>Rest</b> Consider core exercises	10 mins steady walking 6×2 mins brisk efforts with recovery + 10 mins steady walking	Rest	<b>Optional or rest</b> <b>Cross training</b> (swim, bike, cross trainer, rower) 30 mins easy effort	<b>Long hike</b> Easy walk 3.15–3.30 hrs (off-road if possible)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	Rest	<b>Brisk hike</b> 50–60 min walk, include 3×10 mins brisk effort with 120 sec recovery	<b>Rest</b> Consider core exercises	<b>Cross training</b> 25–35 mins easy effort	Rest	<b>Optional or rest</b> 30 min walk including some brisk and hard efforts using landmarks	<b>Long hike</b> 3.45 hrs easy walk (off-road if possible)
8	Rest	<b>Brisk hike</b> 50–70 min walk, include 4×8 mins brisk effort with 90 sec recovery	<b>Rest</b> Consider core exercises	<b>Cross training</b> 25–35 mins easy effort	Rest	<b>Optional or rest</b> 40 min walk including some brisk and hard efforts using landmarks	<b>Long hike</b> 4–4.15 hrs easy walk (off-road if possible)
9	Rest	<b>Brisk hike</b> 40 min – walk out for 20 mins, turn around and get back to the start 2–3 mins quicker over an undulating route	<b>Rest</b> Consider core exercises	<b>Cross training</b> 25–35 mins easy effort	Rest	<b>Optional or rest</b> 40 min walk including some brisk and hard efforts using landmarks	<b>Long hike</b> 4.30–4.45 hrs easy walk with the final 60–90 mins to include brisk efforts
10	Rest	<b>Brisk hike</b> 50 min walk, include 4×5 mins brisk effort with 90 sec recovery	<b>Rest</b> Consider core exercises	<b>Cross training</b> 20–30 mins easy effort	Rest	<b>Optional or rest</b> 20 min easy walk	<b>Long hike</b> 2.15 hrs easy walk
11	Rest	<b>Easy hike</b> 50 min – walk out for 25 mins, turn around and get back to the start 2–3 mins quicker over an undulating route	<b>Rest</b> Consider core exercises	<b>Cross training</b> 35–45 mins easy effort	Rest	<b>Optional or rest</b> 45 min walk including some brisk and hard efforts using landmarks	<b>Long hike</b> 2.30hrs off road walk with 3×20mins at a brisk effort over an undulating route

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	Rest	<b>Brisk hike</b> 60 mins with the final 25 mins at brisk effort over an undulating route	<b>Rest</b> Consider core exercises	<b>Cross training</b> 35-45 mins easy effort	Rest	<b>Optional or rest</b> 45 min walk including some brisk and hard efforts using landmarks	<b>Long hike</b> 3 hrs off road walk with 3×20 mins at brisk effort over an undulating route
13	Rest	<b>Brisk hike</b> 30 mins easy walk, 30 mins brisk	<b>Rest</b> Consider core exercises	<b>Cross training</b> 30-40 mins easy effort	Rest	<b>Optional or rest</b> 45 min walk including some brisk and hard efforts using landmarks	<b>Long hike</b> 5 hrs easy walk allowing breaks for food and rest every 90-105 mins
14	Rest	<b>Brisk hike</b> 45 min walk include 4×5 mins brisk effort with 90 sec recovery	<b>Rest</b> Consider core exercises	<b>Cross training</b> 20-30 mins easy effort	Rest	<b>Optional or rest</b> 30 min walk including some brisk and hard efforts using landmarks	<b>Long hike</b> 90-100 mins easy walk
15	Rest	<b>Brisk hike</b> 30-40 min walk, include 3×5 mins brisk effort with 90 sec recovery	<b>Rest</b> Consider core exercises	15 mins easy walk	Rest	<b>Event weekend!</b> <b>Good luck!!</b>	<b>Event weekend!</b> <b>Good luck!!</b>