

48KM SUGGESTED TRAINING PLAN



Week:	Weekday Run/walk (minimum hours per week):	Weekend Hike (once a week):	Extra Training exercise (at least once a week):
Week 1	1hr Aerobic effort at a moderate pace.	5km hike, hilly at comfortable effort.	Leg training using body weight.
Week 2	1hr Aerobic effort. Trails with incline at expected race effort.	10km hike, hilly at comfortable effort.	Leg training with body weight.
Week 3	1.5hr Aerobic run, flat.	15km hike, hilly at a moderate to advanced level.	Leg training with additional weight.
Week 4	2hrs Aerobic effort. Trails with incline at expected race effort.	18km hike, hilly at comfortable effort.	Light stretch/yoga session.
Week 5	2hrs Aerobic effort. Trails with hills at expected race effort.	20km hike, hilly at a moderate to advanced level.	Abdominal and back exercises with body weight.
Week 6	1.5hrs Aerobic run, flat terrain	25km hike, hilly with steep declines. Moderate to advanced.	Abdominal and back exercises with additional weight.
Week 7	2hrs Aerobic effort. Trails with hills at expected race effort.	30km hike, hilly at comfortable effort.	Moderate stretch/yoga session.
Week 8	RECOVERY WEEK 30min Aerobic Run, flat terrain	RECOVERY WEEK 10km hike, hilly at an advanced level.	RECOVERY WEEK Focus on nutrition and teamwork exercises
Week 9	30min aerobic run, flat terrain	35km hike, hilly at moderate to advanced level.	Focus on support crew plan and teamwork exercises.
Week 10	1hrs Aerobic effort. Trails with hills at expected race effort.	40km hike, hilly at an advanced level. Include steep climbs.	Intense stretch/yoga session.
Week 11	REST WEEK! Finalise your teamwork strategy and goals.	Light 5km beach walk. Finalise your teamwork strategy and goals.	Moderate stretch session. Finalise your teamwork strategy and goals.