

Thames Bridges Trek training plan

Thank you for your interest in the Thames Bridges Trek!

This is a 3-month training plan for the Thames Bridges Trek.

Level / ability – for those who can comfortably walk for 30 minutes.

- Each week, increase your walking time by 15 minutes. Do at least one long walk that can be increased each week in distance.
- Each week, incorporate 2 strength training sessions alongside your regular schedule. Include core exercises for a full body workout.
- Cross training sessions consist of cardio that increases your heart rate – for example, swimming, cycling, elliptical trainer.
- In the final week, aim to reduce your mileage and taper it off.

Examples and suggestions to incorporate in your training programme:

Strength training 8-10 Reps	Squats	Bench press	Deadlifts	Glute bridge	Resistance machines	
Endurance training 12-15 Reps	Jump squats	Bench press	Deadlifts	Glute bridge	Resistance machines	
Core exercises	Plank	Dead bug	Superman pose	Toe taps	Leg drops	Crunches
Cross training	Swimming	Cycling	Elliptical training	Jogging	Hiit class/strength and conditioning class	
Stretches	Cat/cow	Hamstring stretch	Child's pose	Quadricep stretch		

Week 1- 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk – 30 minutes	Cross training - 30 minutes Bike, elliptical, swimming (Pick one or choose your own)	Rest or yoga/pilates	Walk – 30 minutes	Cross training - 30 minutes Bike, elliptical, swimming (Pick one or choose your own)	Long walk – 5 miles (Week 1) Long walk – 6 miles (Week 2)	Complete rest
Strength training – 30 minutes			Strength training – 30 minutes			

Week 3-4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk – 45 minutes	Cross training – 30/45 minutes Bike, elliptical, swimming (Pick one or choose your own)	Rest or yoga/pilates	Walk – 45 minutes	Cross training – 30/45 minutes Bike, elliptical, swimming (Pick one or choose your own)	Long walk – 7 miles (Week 3) Long walk – 8 miles (Week 4)	Complete rest
Strength training – 30 minutes			Strength training – 30 minutes			

Week 5-6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk – 60 minutes	Cross training – 30/45 minutes Bike, elliptical, swimming (Pick one or choose your own)	Rest or yoga/pilates	Walk – 60 minutes	Cross training – 45/60 minutes Bike, elliptical, swimming (Pick one or choose your own)	Long walk – 9 miles (Week 5) Long walk – 10 miles (Week 6)	Complete rest
Endurance training – 45 minutes			Strength training – 45 minutes			

Week 7-9

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk – 75-90 minutes	Cross training – 60 minutes Bike, elliptical, swimming (Pick one or choose your own)	Rest or yoga/pilates	Walk – 75-90 minutes	Cross training – 60 minutes Bike, elliptical, swimming (Pick one or choose your own)	Long walk – 11 miles (Week 7) Long walk – 12 miles (Week 8) Long walk – 7 miles (Week 9)	Complete rest
Endurance training – 60 minutes			Strength training – 60 minutes			

Week 10

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk – 60 minutes	Cross training – 45 minutes Bike, elliptical, swimming (Pick one or choose your own)	Walk – 45 minutes	Cross training – 60 minutes Bike, elliptical, swimming (Pick one or choose your own)	Rest/yoga or pilates	Long walk – 13.1 miles	Complete rest
Strength training – 30 minutes		Strength training – 30 minutes				

Thanks again for your support, we couldn't do what we do without you!

