



The National Three Peaks Challenge

Training Guide



THREE PEAKS CHALLENGE TRAINING GUIDE

The National Three Peaks challenge is a world-renowned adventure found within the UK that sees participants take on the highest peaks of Scotland, England, and Wales, usually within 24 hours. You will cover a total distance of 26 miles and 3000m in ascent, with regular uphill and downhill walks.

This training plan is designed to introduce you to hill walking and increase your stamina and strength in preparation for taking on the National Three Peaks Challenge. This plan, if followed through, should make you feel confident in completing the challenge. We recommend you follow the main activities scheduled in each week, but you can move the activities around to fit your schedule.

Always consult a doctor before starting a new exercise plan and make sure you follow any advice given. Be sure to tell your doctor about any pre-existing medical conditions that may affect your training.

Our plan is for guidance only as everyone has different abilities and fitness levels. If you want a tailored plan, you should consult a personal trainer or gym professional. By using this plan, you accept that exercise itself can be a dangerous activity and you further accept responsibility for your own actions.

Endeavours Adventures accepts no liability for any injuries or accidents, howsoever caused by use of this plan.

Walking

The best way to train for this challenge is to do some prior hiking. Not everyone lives close to hills or hiking routes though, so using a treadmill is the next best thing.

Start your training with the treadmill flat and gradually incline this as you progress. Try to vary the speed during each session to get used to different paces.

Gym Sessions

Gym sessions are important to help you build strength in your legs. This will help with your stamina and endurance. You should speak to a gym instructor about what exercises will be best for you.

Your own personal ability will be a factor in what exercises are recommended by your instructor, but you should focus on your quads, ham strings, calves, and hip abductors.

Make sure you start off light and build up into a routine before moving onto heavier weights. Your body needs time to get used to the exercises and overdoing it at the start may cause injury which will affect your progress.

Additional Tips

Training:

- Use the stairs instead of the lift or escalator.
- Cycle or walk to work instead of driving.
- Aim to walk 10,000 steps a day if you are able to.
- Do what you can and listen to your body – You know yourself best, and any training is better than no training at all!

Get organised:

- Plan for your training and try to stick to it.
- Make sure you have all the essentials packed for every walk you do to avoid any issues.
- Always wear your hiking boots when hiking – your boots must be worn in before the challenge start date.

Health:

- Aim for 8 hours of sleep a night.
- Try to eat lots of healthy carbohydrates, protein, fruit, and vegetables.
- Try to also snack regularly on healthy foods between meals, to keep your energy levels high during your long walks.

Safety:

- Plan any walking route you take before setting off.
- Make sure you pack extra food and water in your bag just in case.
- Join a walking group or have friends and family join you on your walks so that you are not alone.

Terms

Cross training = Lower impact activities that still get your heart beating faster, such as aerobics, swimming, or cycling.

Core training = Activities or exercises that strengthen your core to prevent injuries or imbalances, such as Pilates or just watching core workout exercises on YouTube.

Wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Core workout or Pilates class and consider a 30-minute walk.	30-minute walk. Include 3 x 5 minutes brisk walking, with 2 minutes recovery.	Rest	10-minute walk. Include 10 x 90 seconds brisk uphill walking, with an easy walk back to recover. 10-minute walk to finish	30-minute easy cross training.	Rest	Long walk, 1hr 30 minutes.
2	Core workout, optional 30-minute walk.	Rest	30-minute walk including 5 x 4 minutes brisk effort, with 90 seconds easy recovery.	10 mins steady walking. 12 x 90 seconds brisk uphill efforts with easy walk back recovery. 10 mins steady walking.	Rest	Optional cross training – easy 30-minutes' walk.	Long walk, 1 hour 45 minutes - 2 hours.
3	Rest	Core workout, optional 30-minute walk.	40-minute walk including 5 x 5 minutes brisk effort, with 90 seconds easy recovery.	Rest	10 mins steady walking. 8 x 2 minute brisk up hill efforts with easy walk back recovery. 10 mins steady walking.	Long walk, 2-2.5 hours.	Rest
4	Core workout, optional 30-minute walk.	40-minute walk including 5 x 5 minutes brisk effort, with 90 seconds	Rest	10 mins steady walking. 10 x 2 minute brisk up hill efforts with easy	Optional cross training – easy 30-40 minutes' walk.	Rest	Long walk, 2 hours 30-45 minutes.

		easy recovery.		walk back recovery. 10 mins steady walking.			
5	Core workout, optional 30-minute walk.	Rest	20-minute walk including 3 x 4 minutes brisk effort over a hilly route, 2 minute easy effort recovery.	50-minute walk including 4 x 5 minutes brisk effort, with 90 seconds easy recovery.	Rest	Optional cross training – easy 30-40 minutes' walk.	Long walk, 1 hour 30-45 minutes.
6	Rest	Core workout, optional 30-minute walk.	45-minute walk including 6 x 5 minutes brisk effort, with 90 seconds easy recovery.	Rest	10 mins steady walking. 8 x 2-3 minute brisk up and down hill efforts with easy walk back recovery 10 mins steady walking.	Long walk, 2 hour 45 minute - 3 hour.	Rest
7	Core workout, optional 30-minute walk.	45-minute walk including 3 x 10 minutes brisk effort, with 120 seconds easy recovery.	Rest	10 mins steady walking. 3 x 10 minute brisk up and down hill efforts with easy walk back recovery. 10 mins steady walking.	Optional cross training – easy 30-40 minutes' walk.	Rest	Long walk, 3 hours 45 minutes.
8	Core workout, optional	Rest	50-60-minute walk including 3 x 10	30-45-minute speed walk. 10	Rest	Optional cross training – easy 45-60 minutes.	4 hour making sure the final 60-90

	30-minute walk.		minutes brisk effort, with 90 seconds easy recovery.	minute warm up, then change your pace every 5-10 minutes.			minutes is hilly.
9	Rest	Core workout, optional 30-minute walk.	40 minute 'out and back' walk – walk out for 20 minutes, turn and get back to the start 2-3 mins quicker.	Rest	30–45-minute speed walk. 10 minute warm up, then change your pace every 5-10 minutes.	4-4.5-hour walk with the final 60-90 minutes including brisk uphill efforts.	Rest
10	Core workout, optional 30-minute walk.	40-minute walk including 4 x 5 minutes brisk effort, with 90 seconds easy recovery.	Rest	Cross training – easy 45-60 minutes.	30-40-min easy walk.	Rest	2 hours easy walk.
11	Core workout, optional 30-minute walk.	Rest	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins quicker.	45-60-minute speed walk. 10 minute warm up, then change your pace every 5-10 minutes.	Rest	Optional cross training – easy 45-60 minutes.	25km walk with 3 x 3km at a brisk effort over an undulating route.
12	Rest	Core workout, optional 30-minute walk.	50 minute 'out and back' walk – walk out for 25 minutes, turn and get back to the start 2-3 mins	Rest	45-60-minute speed walk over a hilly route. 10 minute warm up, then change your pace	5–6-hour easy walk.	Rest

			quicker.		every 5-10 minutes.		
13	Core workout, optional 30-minute walk.	45-60-minute walk with the final 25 at a brisk effort over an undulating route.	Rest	60-minute speed walk over a hilly route. 10 minute warm up, then change your pace every 5-10 minutes.	Optional cross training – easy 45-60 minutes.	Rest	30-32km walk with the final 10km including brisk hills.
14	Core workout, optional 30-minute walk.	Rest	45-60-minute walk with the final 25 at a brisk effort over an undulating route.	45-minute speed walk over a hilly route. 10 minute warm up, then change your pace every 5-10 minutes.	Rest	Optional cross training – 30-45 minutes.	2-hour 30 minute walk with the final 60 minutes at a brisk effort over hills.
15	Rest	Core workout, optional 30-minute walk.	40-minute walk including 5 x 5 minutes brisk effort, with 90 seconds easy recovery.	Rest	30-minute speed walk. 10 minute warm up, then change your pace every 5-10 minutes.	90 minute easy relaxed walk.	Rest
16	Core workout, optional 30-minute walk.	40-minute walk including 5 x 5 minutes brisk effort, with 90 seconds easy recovery.	Rest	30-minute speed walk. 10 minute warm up, then change your pace every 5-10 minutes.	Optional cross training – 30-45 minutes.	Rest	5-6-hour easy walk.
17	Core workout, optional	Rest	40-minute walk	30-minute speed walk. 10	Rest	Optional cross training – 30-45	90 minute easy relaxed walk.

	30-minute walk.		including 5 x 5 minutes brisk effort, with 90 seconds easy recovery.	minute warm up, then change your pace every 5-10 minutes.		minutes.	
18	Rest	Core workout, optional 30-minute walk.	30-40-minute walk including 3 x 5 minutes brisk effort, with 90 seconds easy recovery.	20-30-minute easy walk.	Rest, <i>and make sure you have everything on your kit list!</i>	THREE PEAKS CHALLENGE WEEKEND	THREE PEAKS CHALLENGE WEEKEND

The Endeavours Adventures team also wanted to say congratulations for signing up to this incredible challenge - you are going to smash it!

Need anything else?

If you need anything at all, just email the team on team@endeavoursadventures.com and we'll be there to answer any queries.