

St Margaret's Ultra Hike



12 week training plan for 30 miles

Cross training ideas: yoga, swimming, cycling, strength training

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tick when you're done!
1	Rest	2 mile walk	Rest	2 mile walk	Cross training	Rest	3 mile walk	
2	Rest	2.5 mile walk	Cross training	2.5 mile walk	Rest	3 mile walk	4 mile walk	
3	Rest	3 mile walk	Rest	3 mile walk	Cross training	3 mile walk	6 mile walk	
4	Rest	3.5 mile walk	Cross training	4 mile walk	Rest	3 mile walk	8 mile walk	
5	Rest	4 mile walk	Rest	5 mile walk	Cross training	3 mile walk	10 mile walk	

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tick when you're done!
6	Rest	4 mile walk	Cross training	5 mile walk	Rest	3 mile walk	12 mile walk	
7	Rest	4 mile walk	Cross training	6 mile walk	Rest	3 mile walk	14 mile walk	
8	Rest	5 mile walk	Rest	6 mile walk	Cross training	4 mile walk	16 mile walk	
9	Rest	5 mile walk	Cross training	5 mile walk	Rest	4 mile walk	18 mile walk	
10	Rest	4 mile walk	Cross training	4 mile walk	Cross training	3 mile walk	20 mile walk	
11	Rest	3 mile walk	Cross training	2 mile walk	Rest	2 mile walk	Rest	

Event day!

12	Rest	3 mile walk	Rest	3 mile walk	Cross training	Rest	30 mile hike!	
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