

# St Margaret's Ultra Hike



## 16 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	1.5 mile walk	Rest	1.5 mile walk	Cross training	Rest	2 mile walk	
2	Rest	2 mile walk	Rest	2 mile walk	Cross training	Rest	3 mile walk	
3	Rest	2.5 mile walk	Rest	2.5 mile walk	Cross training	Rest	4 mile walk	
4	Rest	2 mile walk	Cross training	2 mile walk	Rest	3 mile walk	5 mile walk	
5	Rest	3 mile walk	Rest	3 mile walk	Cross training	3 mile walk	6 mile walk	

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tick when you're done!
6	Rest	3 mile walk	Cross training	4 mile walk	Rest	3 mile walk	7 mile walk	
7	Rest	4 mile walk	Rest	5 mile walk	Cross training	Rest	9 mile walk	
8	Rest	4 mile walk	Cross training	5 mile walk	Rest	3 mile walk	11 mile walk	
9	Rest	3 mile walk	Rest	4 mile walk	Cross training	Rest	6 mile walk	
10	Rest	5 mile walk	Cross training	6 mile walk	Rest	3 mile walk	13 mile walk	
11	Rest	5 mile walk	Cross training	6 mile walk	Rest	4 mile walk	15 mile walk	

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tick when you're done!
12	Rest	5 mile walk	Rest	5 mile walk	Cross training	4 mile walk	17 mile walk	
13	Rest	6 mile walk	Cross training	6 mile walk	Rest	3 mile walk	20 mile walk	
14	Rest	6 mile walk	Rest	6 mile walk	Cross training	4 mile walk	23 mile walk	
15	Rest	5 mile walk	Cross training	4 mile walk	Rest	4 mile walk	26 mile walk	

## Event week!

16	Rest	4 mile walk	Rest	3 mile walk	Rest	2 mile walk	<b>30 mile walk!</b>	
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