

16 WEEK TRAINING PLAN

WEEK	MON	TUE	WED	THURS	FRI	SAT	SUN
1		EASY WALK 4-6 km			CARDIO		EASY WALK 8 km
2		EASY WALK 4-6 km		CARDIO			MEDIUM WALK 10 km
3		CARDIO	EASY WALK 4-6 km	CARDIO			MEDIUM WALK 12 km
4		EASY WALK 4-6 km		HILL WALK 6-8 km			MEDIUM WALK 15 km
5		EASY WALK 6-8 km	CARDIO		CARDIO		MEDIUM WALK 20 km
6		EASY WALK 6-8 km		HILL WALK 8-10 km			LONG WALK 25 km
7		EASY WALK 6-8 km	CARDIO	CARDIO		TEAM WALK 20-25 km	TEAM WALK 20-25 km
8		EASY WALK 6-8 km		HILL WALK 8-10 km	CARDIO		LONG WALK 25-30 km
9		EASY WALK 6-8 km		CARDIO		TEAM WALK 25-30 km	TEAM WALK 25-30 km
10		EASY WALK 4-6 km		EASY WALK 4-6 km		EASY WALK 4-6 km	REST DAY
11		EASY WALK 6-8 km		CARDIO	NIGHT WALK 8-10 km		LONG WALK 30-35 km
12		EASY WALK 6-8 km		CARDIO			LONG WALK 40-50 km
13		EASY WALK 6-8 km		CARDIO	NIGHT WALK 8-10 km		MEDIUM WALK 20 km
14		EASY WALK 6-8 km		HILL WALK 8-10 km			MEDIUM WALK 12 km
15		EASY WALK 6-8 km		HILL WALK 6-8 km			EASY WALK 8 km
16		EASY WALK 4-6 km			EVENT WEEKEND		

YOUR TEAM EVENT PLAN

Use the Event Planner to work out your time for each stage and how long you will stay at checkpoints. For detailed maps, directions and information about each stage see the **Map & Event Guide**.

START TIME:

Checkpoint	➔ Distance (km)	⬆️ Ascent (m)	⬇️ Descent (m)	Cum. Dist. (km)	Est. stage time	Arrive at CP clock time	Break	Depart CP clock time
CP1 - Harting Down	9.6	300	210	9.6				
CP2 - Hilltop Farm	10.4	290	390	20.0				
CP3 - Littleton Farm	8.3	190	175	28.3				
CP4 - Houghton	9.3	180	300	37.6				
CP5 - Washington	12.5	280	220	50.1				
CP6 - Botolphs	10.0	210	270	60.1				
CP7 - Devil's Dyke	9.4	330	130	69.5				
CP8 - Jack and Jill	6.9	190	230	76.4				
CP9 - Kingston Hollow	13.8	264	325	90.2				
FINISH	9.8	266	160	100			-	-

Visit trailwalker.gwt.org.uk to download the Trailwalker guides and find out more about training and preparation.

19-21 SEPTEMBER 2025
TRAILWALKER
 4 PEOPLE | 100KM | 30 HOURS