

26 Week Schedule to complete the K2B

The following can be adapted to suite both the walker and the runner but before we get into training schedules a few point to note which if you take on board will make the challenge and the day more enjoyable.

The K2B is a walk/run of approximately 40 miles this means that it will take anything from just over 4 hours for the elite to something around 13/14 hours for the stragglers. If we accept that average walking pace is 4 miles an hour we are looking at 10 hours. However it is over a very hilly course so would expect slightly longer. So if we say 12 hours as a guide this presents added problems to just simply completing 40 miles. It is actually staying on your feet for this length of time, ensuring you keep fully hydrated (without the need to keep going to the toilet) and keeping your energy levels up. All of these need to become part of your training programme when you can experiment to pinpoint just what is right for you.

The idea of any training programme is progression i.e. to do tomorrow what is impossible today. This is a 26 week programme and the bare minimum you should do. If you are a regular walker or runner then it may be you can skip some of the early weeks and start at the distances you feel comfortable with. If you do this then you should continue with the progression by however many weeks you skipped at the start. For example if you started at week 4 then you would add 4 weeks into the programme after week 24 (see next paragraph) and increase the mileage in line with the progression in the rest of the programme.

You should slightly reduce your mileage in the last couple of weeks prior to the walk, this is known as tapering. It allows the body to recover from all the work you have been doing and ensures you will start the walk without tired and sore legs. This reduction in mileage will have a positive not negative effect on your performance, as the training affect can take up to 21 days before it starts to go backwards.

Note: - Once you have completed 30 to 35 miles in one walk/run then you should not attempt any further save that delight for the day of the walk, it would not be as big an achievement on the day if you have done the distance before. This does not mean you should not do more than one 30 to 35 mile walk/run in you training programme.

If you have problems calculating the miles in your training use time instead e.g. if you walk for 2 hours you will have covered 8 miles (average walking speed 4 m.p.h). This is obviously very rough but good enough to ensure the correct progression.

The days are only a guide you can do what suites you. However ensure you have at least one days rest between walks/runs.

The added benefit is this programme will beat all the diets on the market.

Good Luck and enjoy the experience

Twenty-six Week Training Programme Leading up To the K2B Walk

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total
Week 1		2mile			2mile		4mile	8
Week 2		2			3		5	10
Week 3		3			3		5	11
Week 4		3			3		6	12
Week 5		3			3		6	12
Week 6		3			3		7	13
Week 7		3			4		7	14
Week 8		3			4		8	15
Week 9		4			4		8	16
Week 10		4			5		10	19
Week 11		5			5		10	20
Week 12		5			5		12	22
Week 13		5			6		12	23
Week 14		6			6		13	25
Week 15		6			7		13	26
Week 16		6			7		15	28
Week 17		7			7		16	30
Week 18		7			7		18	32
Week 19		7			8		20	35
Week 20		8			8		22	38
Week 21		8			8		24	40
Week 22		8			9		26	43
Week 23		9			9		28	46
Week 24		9			9		30	48
Week 25		7			7		29	43
Week 26		7			7		26	40