



DofE
Adventure
2018

One-day (30km) Adventure
12-week training plan

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ST. JAMES'S PLACE
WEALTH MANAGEMENT

Make sure you're ready for your DofE Adventure!

This 12-week plan is designed to prepare you for walking 30km over one day in the Cotswolds.

It is broken down into four-week blocks that gradually build in volume and intensity. We offer options if you want to make the training harder or easier – choose the workout that suits you. It includes cardiovascular, walking and strength training, building up to the big day. Ensure you're physically healthy before starting and if at any stage you become unwell or injured, consult your GP or a medical professional.

A key element to being well prepared will be doing the longer walks in the final weeks on consecutive days. Consider how you recover on the days you're not walking, maximising your sleep and eating good meals.

Train well and we look forward to seeing you in the Cotswolds!

– *The DofE Adventure team*

TYPES OF TRAINING ACTIVITY

Cardio

Cardio training is any exercise that raises your heart rate. This could include cycling, running, swimming or rowing.

Walking

Walking in the Cotswolds can be challenging due to the hills. The best way to train for that is to get out there and get up and over some big hills! During the Adventure you'll have the option of carrying a day bag or a rucksack. Therefore we advise that you prepare for this and simulate how it feels to walk with additional weight.

Strength

There is a strength training plan that accompanies each block; for this we recommend that you look up videos for instructions on how to best execute the exercises. All of these exercises can be done at home without equipment.

The sessions will take around 35-45 minutes: it's better to allow a little extra time to rest between exercises than to rush through and lose technique.



Training at the right intensity

As a guide, we have included a scale to gauge the intensity of your training sessions, known as the Rate of Perceived Exertion (RPE).

Each training session will include an RPE rating as explained below. The scale is subjective and requires you to feel how your body is responding to the exercise: consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

	Description
0	Complete rest
1	Very weak: I am just about moving
2	Weak: I am walking at a faster pace and can hold a conversation easily
3	Light: I am beginning to sweat a little, but can hold conversation throughout
4	Moderate: I am very happy at this effort
5	Somewhat strong: I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	Strong: I am beginning to feel more out of breath but could maintain this pace for a few hours
7	Very strong: My breathing is very laboured, but I can still maintain pace for an hour without slowing.
8	Hard: I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	Very hard: This is hurting and I can only hold this effort for up to 5mins
10	Extremely hard: I am absolutely flat out and this is sprinting. I will need to stop after 30secs.



Weeks 1-4

Notes:

Include a 3-5min warm up of light walking before the cardio and strength workouts

The cardio workouts are intervals of higher and lower intensity.

Getting started

- Introduce yourself to the training plan with three sessions per week
- Research different areas where you can walk, try to keep your longer walks varied and introduce some hills where possible
- Become familiar with the strength exercises

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Session 1	<p>Walk: 5km @ RPE:5-6 Don't worry about how hilly it is at this stage</p> <p><i>Easier:</i> Make sure the route is flat <i>Harder:</i> Increase distance to 6km</p>	<p>Walk: 7km @ RPE:5-6 Don't worry about how hilly it is at this stage</p> <p><i>Easier:</i> Make sure the route is flat <i>Harder:</i> Increase distance to 8km</p>	<p>Walk: 9km @ RPE:5-6 Don't worry about how hilly it is at this stage</p> <p><i>Easier:</i> Make sure the route is flat <i>Harder:</i> Increase distance to 10km</p>	<p>Walk: 7km @ RPE:5-6 Don't worry about how hilly it is at this stage</p> <p><i>Easier:</i> Make sure the route is flat <i>Harder:</i> Increase walking pace</p>
Session 2	<p>Cardio: 30mins @ RPE:5-7 2mins @ RPE:7, 4mins @ RPE:5. Repeat x5</p> <p><i>Easier:</i> Reduce to 24mins <i>Harder:</i> Increase to 36mins</p>	<p>Cardio: 30mins @ RPE:5-7 2mins @ RPE:7, 4mins @ RPE:5. Repeat x5</p> <p><i>Easier:</i> Reduce to 24mins <i>Harder:</i> Increase to 36mins</p>	<p>Cardio: 35mins @ RPE:5-8 1min @ RPE:8, 4mins @ RPE:5. Repeat x7</p> <p><i>Easier:</i> Reduce intensity to RPE:7 <i>Harder:</i> Increase to 40mins</p>	<p>Cardio: 35mins @ RPE:5-8 1min 30secs @ RPE:8, 3mins 30secs @ RPE:5. Repeat x7</p> <p><i>Easier:</i> Reduce intensity to RPE:7 <i>Harder:</i> Increase time @RPE:8 to 2mins</p>
Session 3	<p>Strength 1 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Add another 2 reps to each set</p>	<p>Strength 1 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Add another 2 reps to each set</p>	<p>Strength 1 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Add another 3 reps to each set</p>	<p>Strength 1 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Add another 3 reps to each set</p>

Weeks 5-8

Notes:

Include a 3-5min warm up of light walking before the cardio and strength workouts.

Half way there

- Build on the previous weeks and aim to exercise four days per week every week, only eight weeks to go!
- There is a noticeable jump in the length and elevation in the longer walks this month as we need to get ready for the challenge
- There are some new exercises in the strength routine which has become more challenging

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Session 1	<p>Walk: 10-12km @ RPE:5-6 Aim to include approx. 100m elevation. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Aim for 12km</p>	<p>Walk: 15km @ RPE:5-6 Aim to include approx. 120m elevation. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase weight in your rucksack</p>	<p>Walk: 12km @ RPE:5-7 Aim to include approx. 100m elevation. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase walking pace to brisk</p>	<p>Walk: 15km @ RPE:5-6 Aim to include approx. 120m elevation. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase weight in your rucksack</p>
Session 2	<p>Cardio: 40mins @ RPE:5-8 3min @ RPE:7-8, 5mins @ RPE:5. Repeat x5</p> <p><i>Easier:</i> Reduce intensity to RPE:7 <i>Harder:</i> Increase to 48mins</p>	<p>Cardio: 40mins @ RPE:5-8 4mins @ RPE:7-8, 4mins @ RPE:5. Repeat x5</p> <p><i>Easier:</i> Reduce intensity to RPE:7 <i>Harder:</i> Increase to 48mins</p>	<p>Cardio: 48mins @ RPE:5-8 3mins @ RPE:7-8, 5mins @ RPE:5. Repeat x6</p> <p><i>Easier:</i> Reduce intensity to RPE:7 <i>Harder:</i> Wear your rucksack for additional weight</p>	<p>Cardio: 40mins @ RPE:5-8 3mins @ RPE:7-8, 5mins @ RPE:5. Repeat x5</p> <p><i>Easier:</i> Reduce intensity to RPE:7 <i>Harder:</i> Increase to 48mins</p>
Session 3	<p>Strength 2 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Wear your rucksack for additional weight</p>	<p>Strength 2 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Wear your rucksack for additional weight</p>	<p>Strength 2 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Wear your rucksack for additional weight</p>	<p>Strength 2 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Wear your rucksack for additional weight</p>
Session 4	<p>Walk: 13-15km @ RPE:5-7 Aim to include approx. 130m elevation. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase walking pace to brisk</p>	<p>Walk: 8-10km @ RPE:6-7 Keep this walk flat but increase walking pace. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase weight in your rucksack</p>	<p>Walk: 18km @ RPE:5-7 Aim to include approx. 150m elevation. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> No need to make this harder</p>	

Weeks 9-12

Notes:

Include a 3-5min warm up of light walking before the cardio and strength workouts.

Heading for the Cotswolds

- In these final weeks it is important to get at least two walks completed that are close to the Adventure distance and use the same equipment that you plan to use on the Adventure
- Stay strong and get rest on your days off exercise
- The strength routine is a little easier in order to save energy for your long walks

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Session 1	<p>Walk: 15km @ RPE:5-7 Try to make this a particularly hilly walk. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase weight in your back pack and walk at a brisk pace</p>	<p>Walk: 10km @ RPE:5-6 Aim to include approx. 80m elevation. Note this is a shorter walk now so you can increase walking pace. Carry a rucksack</p> <p><i>Easier:</i> Make route a bit flatter if you like <i>Harder:</i> Increase weight in your rucksack</p>	<p>Walk: 15km @ RPE:5-7 Try to make this a particularly hilly walk. Note this is a shorter walk now so you can increase walking pace</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase weight in your back pack and walk at a brisk pace</p>	<p>Walk: 8km @ RPE:5-6 Aim to include approx. 50m elevation. Note this is a shorter walk now so you can increase walking pace</p> <p><i>Easier:</i> Make route a bit flatter if you like <i>Harder:</i> Increase weight in your rucksack</p>
Session 2	<p>Cardio: 45mins @ RPE:5-8 10mins @ RPE:7, 5mins @ RPE:5. Repeat x3</p> <p><i>Easier:</i> Increase recovery time between harder efforts <i>Harder:</i> Increase intensity up to RPE:8</p>	<p>Cardio: 45mins @ RPE:5-8, 11mins @ RPE:7, 4mins @ RPE:5. Repeat x3</p> <p><i>Easier:</i> Increase recovery time between harder efforts <i>Harder:</i> Increase intensity up to RPE:8</p>	<p>Cardio: 45mins @ RPE:5-8 12mins @ RPE:7, 3mins @ RPE:5. Repeat x3</p> <p><i>Easier:</i> Increase recovery time between harder efforts <i>Harder:</i> Increase intensity up to RPE:8</p>	<p>Cardio: 30mins @ RPE:5-8 7mins @ RPE:7, 3mins @ RPE:5. Repeat x3</p> <p><i>Easier:</i> Increase recovery time between harder efforts <i>Harder:</i> Increase intensity up to RPE:8</p>
Session 3	<p>Strength 3 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Wear your rucksack for additional weight</p>	<p>Strength 3 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Wear your rucksack for additional weight</p>	<p>Strength 3 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Wear your rucksack for additional weight</p>	<p>Strength 3 (see page 7)</p> <p><i>Easier:</i> Take longer to recover between exercises <i>Harder:</i> Wear your rucksack for additional weight</p>
Session 4	<p>Walk: 20km @ RPE:5-8 Aim to include approx. 200m elevation. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase walking pace to brisk</p>	<p>Walk: 22km @ RPE:5-8 Aim to include approx. 200m elevation. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase walking pace to brisk</p>	<p>Walk: 14km @ RPE:6-7 Keep this walk flat but increase walking pace. Carry a rucksack</p> <p><i>Easier:</i> Take your time. It's not a race <i>Harder:</i> Increase weight in your rucksack</p>	<p><i>You've done it!</i> See you in the Cotswolds raring to go!</p>

Boost your strength

Sessions will last approximately 35-45mins. Complete the exercises shown below. Take 40secs rest between each set and 1min between exercises. To make it harder, rest for a shorter amount of time. Always maintain good form.

Strength session 1

Squats

2 sets x 12 repetitions

Bicep curls

Find anything with a small amount of weight to lift

2 sets x 12 reps

Step ups

You can use stairs for this

2 sets x 12 reps

Tricep dips

You can use a chair for this

2 sets x 12 reps

Walking lunge

Each stride is 1 rep

2 sets x 12 reps

Shoulder press

Find anything with a small amount of weight to lift

2 sets x 12 reps

Plank

3 sets x 15secs

Strength session 2

Squats

Find some extra weights to hold

3 sets x 15 reps

Bicep curls

Find anything with a small amount of weight to lift

3 sets x 12 reps

Single right leg step ups

Keep your right foot on a raised level throughout

3 sets x 8 reps

Dorsal raises

Keep your hands under your chin

3 sets x 12 reps

Single left leg step ups

Keep your left foot on a raised level throughout

3 sets x 8 reps

Press ups

You can kneel on the floor for these

3 sets x 8-10 reps

Walking lunge

Each stride is 1 rep, to make them harder try walking up a slope

3 sets x 12 reps

Lateral shoulder raise

Find anything with a small amount of weight to lift

3 sets x 12 reps

Plank

4 sets x 30secs

Strength session 3

Squats

Find some extra weights to hold

3 sets x 10 reps

Bicep curls

Find anything with a small amount of weight to lift

2 sets x 15 reps

Single right leg step ups

Keep your right foot on a raised level throughout

2 sets x 10 reps

Dorsal raises

Keep your hands under your chin

2 sets x 15 reps

Single left leg step ups

Keep your left foot on a raised level throughout

2 sets x 10 reps

Press ups

You can kneel on the floor for these

2 sets x 12 reps

Walking lunge

Each stride is 1 rep, to make them harder try walking up a slope

3 sets x 10 reps

Lateral shoulder raise

Find anything with a small amount of weight to lift

2 sets x 15 reps

Plank

4 sets x 30secs





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