coastrek

WILD WOMEN ON TOP



COASTREK 50KM

TRAINING PROGRAM

WELCOME TO COASTREK

Congratulations on entering Coastrek!
We're so excited to have you as part of the Coastrek community.

Walking continuously for 50 kilometres is a great achievement of mental and physical toughness that can transform your health and wellbeing. You are going to get fit, feel great and have lots of fun!

This 12-week training program outlines the workouts you need to do to be perfectly prepared for Event Day. The more closely you follow this training program, the more you'll be able to enjoy the beautiful trails, scenic views, cheering vollies and awesome party at the finish line.

"The fitter you are, the more you'll enjoy the magical experience of Coastrek with your friends!" Di Westaway, Founder of Coastrek.



HOW TO USE THIS PROGRAM

To get the most out of your Coastrek adventure, you'll need to ritualise weekly training sessions including:

- Endurance walks
- Interval training
- Trek Training
- Rest and rejuvenation

This program will give you a week-by-week training guide including three recommended workouts, which you will complete each week for the duration of the program. We've kept it simple so you have the best chance of making it a habit! This will ensure your Coastrek success.

For extra motivation and community, please join us in the Facebook group for your Coastrek event. You can ask any training, prep or Event Day questions, get motivational updates from us and connect with thousands of other Coastrekkers!

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Let's get out there!

Note: Please consult your doctor before commencing this program if you're new to hiking or if you have any health issues.

WEEKLY TRAINING SCHEDULE

WEEK 1

LET'S GET STARTED!

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 60 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	10 km endurance hike

WEEK 2

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 60 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	10 km endurance hike

WEEK 3

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 75 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	15 km endurance hike

WEEK 4

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 75 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	15 km endurance hike

WEEK 5

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 75 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	20 km endurance hike

WEEK 6

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 75 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	20 km endurance hike

WEEK 7

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 75 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	25 km endurance hike

WEEK 8

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 90 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	25 km endurance hike

WEEK 9

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 90 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	35 km endurance hike

WEEK 10

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 90 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	15 km endurance hike

WEEK 11

MON	1 x 2 hr Trek Training workout
TUE	1 x active recovery
WED	1 x 90 min interval training workout
THU	Rest day
FRI	1 x active recovery
SAT	1 x 2 hr Trek Training workout
SUN	10 km endurance hike

WEEK 12

MON	1 hr gentle stroll
TUE	1 x active recovery
WED	Rest day
THU	1 x active recovery
FRI	EVENT DAY
SAT	Massage
SUN	1 x active recovery

WORKOUT ROUTINES

Workout #1 – Monday

Trek Training

MENTAL TOUGHNESS – Stairs



LOCATION	Bush trail or park near stairs.
EQUIPMENT	10–15 kg backpack, water, towel.
TIME	2 hours. (Adjust time where required.)
WARM UP	10 minutes. Walk briskly along trail to warm up.

PART 1:
Brisk walk – 1 hour
Power walk for 1 hour on undulating terrain. You should be walking at a moderate pace (5–6 out of 10 exertion).

PART 2:
Stairs – 30 minutes

1) 15 minutes going up and down the stairs at moderate intensity (6–7 out of 10 exertion).
2) 10 minutes going up fast as you can up and walking slowly down (8–9 out of 10 exertion).
3) 5 minutes active recovery stretch including calves, quads and glutes.

PART 3:
Core training – 10 minutes
Take off your pack and put down a towel.

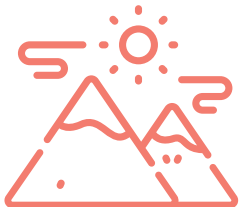
Do the following circuit:

- 2 sets x 20 dips on a bench or yogi bear log
- 5 sets x 5 push ups (on knees or toes)
- 40 abdominal crunches
- 1-minute plank (or 2 x 30 sec).

PART 4:
Stretch – 10 minutes
Pick 5–10 different stretches, including one for your calves.

Workout #2 – Wednesday

Interval Training



SUMMITS

LOCATION	Set of at least 100 stairs or long steep hill of bush track.
EQUIPMENT	Stopwatch/timer, water, towel, 10–15 kg backpack recommended.
TIME	1 hour. (Adjust time where required.)
WARM UP	10 minutes. Walk slowly up and down stairs to warm up.

PART 1: Intervals – 40 minutes
Peak 1 – 20 minutes
Run or walk as fast as you can up the hill or set of stairs for 20 seconds. You should be short of breath after the 20 seconds. Recover on the way back down and catch your breath by the time you've reached the bottom.
Repeat for 20 minutes.

Peak 2 – 20 minutes
Run or walk as fast as you can up a hill or set of stairs for 30 seconds. You should be short of breath afterwards. Recover on way back down so you have caught your breath by the time you're back at the bottom.
Repeat for 20 minutes.

PART 2:
Stretch – 10 minutes
Cool down and stretch your legs.

Workout #3 – Saturday

Trek Training

MENTAL TOUGHNESS – Soft Sand or Sloping Park

LOCATION	Soft sand beach, sandy riverbank or grassy sloping park.
EQUIPMENT	10–15 kg backpack, water, towel.
TIME	2 hours. (Adjust time where required.)
WARM UP	10 minutes. Walk briskly along soft-sand beach, sandy riverbank or grassy sloping park to warm up.

PART 1:
Brisk walk – 1 hour
Walk for 1 hour on undulating terrain. You should be walking at a moderate pace (5–6 out of 10 exertion).

PART 2:
Soft sand beach, sandy riverbank or grassy sloping park – 30 minutes

1) 20 minutes shuffling or jogging along soft sand beach, sandy riverbank or up and down grassy sloping park at moderate intensity (6–7 out of 10 exertion).
2) Take your backpack off and do 10 minutes alternating 30 seconds high intensity (8–9 out of 10 exertion) jogging, running or hill walking with 30 seconds rest.

PART 3:
Core training – 10 minutes
Take off your pack and put down a towel.
Do the following circuit:

- 2 sets x 20 dips on a bench or yogi bear log
- 5 sets x 5 push ups (on knees or toes)
- 40 abdominal crunches
- 1-minute plank (or 2 x 30 sec).

PART 4:
Stretch 10 minutes
Pick 5–10 different stretches, including one for your calves.

Active Recovery

During active recovery, we recommend undertaking a gentle form of movement for 15–30 minutes. This could include gentle walking, cycling, swimming, yoga or stretching.

STRETCHING

LOCATION	Park, backyard, living room... anywhere that works for you.
EQUIPMENT	Towel or mat, bench or park chair.
TIME	15–30 minutes.

Calf stretch (2.5 min)
Start with both hands and feet on the ground, similar to the 'downward dog' yoga position. Keep one leg straight and drop the other heel down towards the ground. Hold stretch for 30 seconds or longer. Alternate legs and repeat.

Hip and groin stretch (2.5 min)
Start in a high plank position, arms are straight and hands are below your shoulders. Bring right foot to the outside of your right hand, until you feel a stretch through your hips. Keep your chest up and lengthen through the body. Hold stretch for 30 seconds or longer. Alternate legs and repeat.

Hamstring stretch (2.5 min)
Use a bench to place your leg onto at hip height. Keep the leg on the bench straight and reach out towards your toe. Bend the standing leg if you need. Hold stretch for 30 seconds or longer. Alternate legs and repeat.

Back and lat stretch (2.5 min)
Hold onto a hip-height bench (one that won't move when you put your full weight onto it!) with both arms, lean backward ducking your head between your arms to feel a stretch in your lower back and up through your lats.
Hold for 30 seconds or longer and rotate your hips for variation.

Cat and cow stretch (1 min)
Start on all fours, with your hips over your knees and your shoulders over your wrists. Begin to arch your back, tilting your pelvis towards the sky and opening your heart forwards. Then, begin to tuck your hips under, rolling through your spine until it's in a rounded position, belly button to spine, stretching out through the back of your shoulders. Flow between an arched spine and a rounded spine for 10 rounds.

Glute stretch (2.5 min)
Start in a downward dog position, then bring your right leg forward and onto the ground so your right knee is near your right wrist and your right ankle is in front of your left hip. If you don't feel the stretch here, move your right ankle further forward (up to 90 degrees) and flex your toes (to protect the knee). Rest your right glute onto the ground (or a block or rolled up towel) – you don't want it to be floating. Breathe. Repeat on your left side.

Quad stretch (2 min)
Standing, bend your right leg backwards, keeping your knees in line, and grab the outside of your right ankle with your right hand. Tilt your hips forward until you feel a stretch through the front of your thigh. Repeat on the other side.

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