

8-Week Walking Adventure Schedule



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Week 1–2: Foundation & Form

20–30 km/week | Longest Walk: 8–10 km

Day	Activity
Monday	Rest or light mobility/stretching
Tuesday	Walk 4–5 km
Wednesday	Walk 3–4 km
Thursday	Rest
Friday	Walk 4–5 km (start wearing your daypack)
Saturday	Walk 8–10 km (long walk of the week)
Sunday	Optional walk 2–3 km or rest

Notes:

Week 3: Build Endurance

30–40 km/week | Longest Walk: 12–14 km

Day	Activity
Monday	Rest or active recovery (yoga/stretching)
Tuesday	Walk 5–6 km
Wednesday	Walk 4–5 km (include hills/stairs)
Thursday	Rest
Friday	Walk 5–6 km with daypack
Saturday	Walk 12–14 km (long walk)
Sunday	Walk 4–6 km (back-to-back walk intro)

Notes:

Week 4–5: Endurance + Elevation

40–50 km/week | Longest Walks: 15–18 km

Day	Activity
Monday	Rest or gentle walk 3 km
Tuesday	Walk 6–7 km
Wednesday	Walk 5–6 km with hills
Thursday	Rest
Friday	Walk 6–8 km with full pack
Saturday	Walk 12–15 km
Sunday	Walk 10–12 km (back-to-back days)

Notes:

Week 6: Simulation Week

50–60 km/week | 3 Consecutive Days of 12–15 km

Day	Activity
Monday	Rest or light walk 3 km
Tuesday	Walk 6–8 km
Wednesday	Walk 5–7 km
Thursday	Rest
Friday	Walk 12–15 km
Saturday	Walk 12–15 km
Sunday	Walk 12–15 km

Notes:

Week 7: Final Conditioning

40–50 km/week | Maintain comfort & rhythm

Day	Activity
Monday	Rest or short recovery walk 3 km
Tuesday	Walk 6–8 km
Wednesday	Walk 6–7 km with full pack
Thursday	Rest
Friday	Walk 8–10 km
Saturday	Walk 10–12 km
Sunday	Walk 6–8 km

Notes:

Week 8: Taper + Recovery

20–25 km/week | Light recovery & preparation

Day	Activity
Monday	Rest
Tuesday	Walk 4–5 km
Wednesday	Walk 3–4 km
Thursday	Rest or stretching
Friday	Walk 5–6 km
Saturday	Walk 6–8 km
Sunday	Rest or light walk 2–3 km

Notes:
