



MUDGY DOG
A BATTERSEA CHALLENGE

20KM TREK TRAINING PLAN

This is a suggested training plan to give you a helping hand and get you ready for the Muddy Dog Trek! You can change the days that you train to suit your schedule, but make sure you're still walking the recommended number of times that week and giving yourself enough rest time to allow your body to recover.

If you don't have access to a gym, don't worry! Use what you've got around you or try an exercise class on YouTube.

Never finish a walk without a cool-down. The extra few minutes of stretching are really worth it.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 WEEKS TO GO	Walk for 30 minutes. Easy to medium pace. <input type="checkbox"/>	Rest Set up your online giving page and personalise it with photos. Don't forget to set a target! Let people know how their donations will help Battersea. <input type="checkbox"/>	Walk for 30 minutes. <input type="checkbox"/>	Rest	Walk for 30 minutes. <input type="checkbox"/>	Rest	Walk for 45 minutes. Slow pace, ease yourself into it. Plan a route that ends somewhere nice like a café as a reward. <input type="checkbox"/>
9 WEEKS TO GO	Rest	Walk for 30 minutes. <input type="checkbox"/>	Rest	Walk for 45 minutes. <input type="checkbox"/>	Rest Make sure you have suitable footwear that has been properly fitted. Give yourself time to wear in new shoes before the trek itself. <input type="checkbox"/>	Rest	Walk for 2 hours. Aim for 6-8km. <input type="checkbox"/>
8 WEEKS TO GO	Rest	Brisk walk for 1 hour. Aim for a fast walk/jog. This will build up your aerobic fitness and help increase your walking speed. <input type="checkbox"/>	Rest	Go for a swim. Try and aim for 300m. <input type="checkbox"/>	Rest	Try out your local Park Run, find a circuits class or go for a 30 minute bike ride. <input type="checkbox"/>	Walk for 2 hours. Aim for 8-10km within 2-3 hours. <input type="checkbox"/>
7 WEEKS TO GO	Rest	Brisk walk for 30 minutes. When your dog is with you make sure that you go at their pace. Never tug on the lead or pull them along. <input type="checkbox"/>	Rest	Walk for 1 hour. Medium to fast pace. <input type="checkbox"/>	Rest Organise a swap shop and get everyone you know to contribute unwanted items. Ask people to make a donation and get swapping. <input type="checkbox"/>	Walk for 1 hour. Medium to fast pace. <input type="checkbox"/>	Rest
6 WEEKS TO GO	Rest	Walk for 50 minutes. At least 2.5-3km. <input type="checkbox"/>	Try out a spin class near you, or get on your bike! Aim to cover at least 2.5-3km. <input type="checkbox"/>	Walk for 50 minutes. At least 2.5-3km. <input type="checkbox"/>	Rest	Head to your local Park Run, find a circuits class or go for a 30 minute bike ride. <input type="checkbox"/>	Rest Watch out for hot spots or blisters. Make sure you're happy with your shoes, and carry blister plasters on your walks. <input type="checkbox"/>

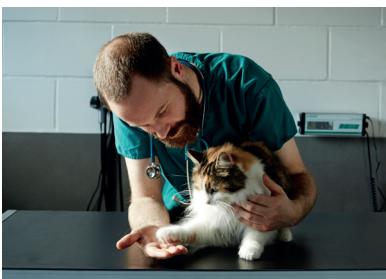


TIPS ON FUNDRAISING AND GETTING READY FOR THE EVENT

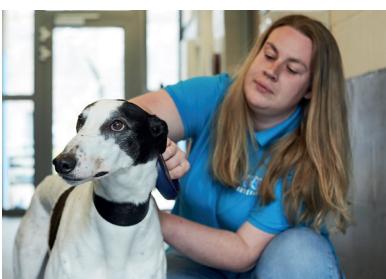
TICK WHEN COMPLETED



£10 could provide three dogs' collars and leads for their time at Battersea, meaning they can go on walks to the park.



£20 could cover Leukaemia screening for four cats, ensuring they get the vital treatment they need.



£60 can microchip 10 dogs and cats, which means if they get lost they can be reunited with their owners.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 WEEKS TO GO	Rest	Walk for 50 minutes. At least 2.5-3km. <input type="checkbox"/>	Walk for 50 minutes. At least 2.5-3km. <input type="checkbox"/>	Rest	Try some HIIT workouts to help increase your aerobic fitness. YouTube has lots of good options to try. <input type="checkbox"/>	Rest	Walk for 4 hours. Don't forget your breathing and gentle yoga moves to stretch out your muscles after longer walks. <input type="checkbox"/>
4 WEEKS TO GO	Rest Keep supporters updated with your progress. £400 covers the cost of caring for a cat during its stay at Battersea, including food, bedding and toys. 	Go for a swim! Aim for at least 300m. <input type="checkbox"/>	Walk for 50 minutes. At least 2.5-3km. <input type="checkbox"/>	Walk for 50 minutes. At least 2.5-3km. <input type="checkbox"/>	Rest	Try out your local Park Run, find a circuits class or go for a 30 minute bike ride.	Walk for 4 hours. Remember to carry water & a small bowl for your dog and make sure you both stay hydrated. <input type="checkbox"/>
3 WEEKS TO GO	Rest	Walk for 45 minutes. <input type="checkbox"/>	Rest	Walk for 45 minutes. <input type="checkbox"/>	Rest	Rest On the left are some examples of how fundraising helps Battersea. Share them with your friends and family on your online giving page. 	Walk for 3.5 hours. Normal pace. Aim for 12-15km. <input type="checkbox"/>
2 WEEKS TO GO	Rest	Walk for 45 minutes. <input type="checkbox"/>	Rest As your training winds down towards the big day why not host a bake sale or coffee morning? Bonus points if it's dog and cat themed. 	Walk for 45 minutes. <input type="checkbox"/>	Rest	Rest	Walk for 3.5 hours. Normal pace. You should be close to 12-15km. <input type="checkbox"/>
1 WEEK TO GO	Rest Just one week to go! Update supporters with your progress and how you are feeling about the trek. 	Rest	Rest	Rest	Rest	EVENT WEEKEND. GOOD LUCK!	



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