

Pujas With Altitude Challenge Event:

3 pujas in Snowdonia's secret places / 12 miles

1,200m climb / summit Carnedd Llewellyn

Suggested 12 week Training Schedule. First 6 weeks

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Mon	30m Fast session	30m Fast session	30m Fast session	30m Fast session	30m Fast session	30m Fast session
Tues	Rest	Rest	Rest	Rest	Rest	Rest
Weds	30min Crosstrain	30min Crosstrain	35mins Crosstrain	35mins Crosstrain	45mins Crosstrain	45mins Crosstrain
Thurs	20min Quads focus	20min Quads focus	20min Quads focus	30min Quads focus	30min Quads focus	30min Quads focus
Fri	Rest	Rest	Rest	Rest	Rest	Rest
Sat	Long Walk 3hrs	Long Walk 3hrs	Long Walk 3.5hr	Long Walk 3.5hr	Long Walk 4hr	Long Walk 4hr
Sun	30m Recovery walk or other easy	30m Recovery walk or other easy	30m Recovery walk or other easy	30m Recovery walk or other easy	30m Recovery walk or other easy	30m Recovery walk or other easy

Fast walk: walk at a fast pace, in the manner of someone late for a train! Find and use any local hills, even if gradual. Add in intervals, 1 minute stints of faster walking or jogging, 2 mins steady, repeat or use lamp posts/trees to walk/jog fast between.

Cross Train: Cycling or jogging session or any exercise class giving a cardiovascular workout (ie: you're breathing heavily for most of it!) There are good YouTube exercise classes - Maitridevi likes Coach Kozak!

Quads Focus: Gym session using stepper or treadmill on steep incline; climb and descend stairs; step class or home exercise focusing on leg strength eg: squats, step-ups and lunges

Long Walk: choose a route with particularly big hills ascents and descents, off road trails, cross country.

Recovery walk: steady slow, easy terrain, casual walk. Alternative easy: swim, bike, yoga class.

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Suggested 12 week Training Schedule. Final 6 weeks

	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Mon	30m Fast session	30m Fast session	30m Fast session	30m Fast session	30m Fast session	30m Fast session
Tues	Rest	Rest	Rest	Rest	Rest	Rest
Weds	1hr Crosstrain	1hr Crosstrain	1hr Crosstrain	1hr 15 Crosstrain	1hr 15 Crosstrain	30mins Crosstrain
Thurs	30min Quads focus	30min Quads focus	35min Quads focus	35min Quads focus	35min Quads focus	30m Fast session
Fri	Rest	Rest	Rest	Rest	Rest	Rest
Sat	4.5hrs Long Walk	4.5hrs Long Walk	5hr Long Walk	5hr Long Walk	5.5hr Long Walk	Pujas With Altitude Weekend!
Sun	30m Recovery walk or other easy	30m Recovery walk or other easy	30m Recovery walk or other easy	30m Recovery walk or other easy	30m Recovery walk or other easy	Well Done!!!

Taper in Week 12 - that means do the sessions suggested, but go easy - stay within your comfort zone. Don't push yourself in that final week, and then you'll be ready for the mountain!