

12 Week Kerry Camino Training Programme



Although it is not entirely necessary to be super fit for walking the Kerry Camino the experience will be much more enjoyable if you have some level of fitness before you set out, however, this is not an Iron Man competition and should not be approached as such.

Our 12-week training programme will prepare you for the trip ensuring you will be free from injury with less aches and pains and able to enjoy this wonderful experience.

Although the programme is focused on walking, we suggest including yoga, Pilates or swimming once or twice a week as this helps to improve core strength and protect your back.

Training, like life, is about steady effort – not trying to make big jumps in intensity every time you train. When you train with others it is more fun and you motivate each other to keep going.

Check our calendar of events to find walks that fit in with this programme.

<https://nordicfitnessireland.com/calendar/>

Please do not hesitate to contact us if you have any questions

Joanne & Tony

Nordic & Fitness Walking Instructors

087 6936903

12 Week Kerry Camino Training Programme

WEEK	Monday	Tuesday	Wednes	Thurs	Friday	Saturday	Sunday
1	REST	Walk 45 - 60 min	Yoga, Pilates or Swim	REST	Walk 45 - 60min	REST	Walk 45-60 min
2	REST	Walk 45 - 60 min	REST	REST	Walk 45 - 60min	Walk 45 - 60 min	Walk 45-60min
3	Yoga, Pilates, or Swim	Walk 60 min	REST	REST	Walk 60 min	Walk 60 min	2 Hour Walk
4	REST	Walk 60 min include Hills	Yoga, Pilates or Swim	REST	Walk 60 min include Hills	REST	Walk 60 min include Hills
5	Yoga, Pilates, or Swim	Walk 60 min Fast	Walk 45 Mins Easy	REST	Walk 60 mins Moderate	REST	Walk 2.5 hours Include Hills
6	Yoga, Pilates or Swim	Walk 60 min Fast	Walk 60 Mins Easy	REST	Walk 60 min Fast	REST	Walk3 hours Include Hills
7	Yoga, Pilates or Swim	Walk 60 min Fast	Walk 60-120 Mins Easy	REST	Walk 60 min Fast	REST	Walk3 hours Include Hills
8	Yoga, Pilates or Swim	Walk 70 min Moderate	REST	Yoga, Pilates or Swim	Walk 60 min Fast	Walk 2 hours Include Hill	Walk3 hours Include Hills
9	Yoga, Pilates or Swim	Walk 60 min Easy	Yoga, Pilates or Swim	REST	Walk 60 min Easy	Walk 2 hours Include Hill Approx. 8K	Walk 4 hours Include Hill Approx. 16K
10	Yoga, Pilates or Swim	Walk 60 min Easy	REST	Yoga, Pilates or Swim	Walk 60 min Fast	Walk 2,5 hours Include Hill Approx. 10K	Walk 5 hours Include Hill Approx. 20K
11	Yoga, Pilates or Swim	Walk 45 min Easy	Yoga, Pilates or Swim	REST	Walk 60min Moderate	Walk 3 hours Easy Approx.10 K	Walk 5 hours Include Hill Approx. 20K
12	Yoga, Pilates or Swim	Walk 60 min Fast	REST	Yoga, Pilates or Swim	Walk 30 min Moderate	Walk 2 hours Include Hills	Walk 90 mins Include Hills