

Follow the Camino



Camino Training Plan



Week	MON	TUE	WED	THU	SAT	SUN	Recommended Terrain	Check List
1					1 hour x 1		Flat	<input type="checkbox"/>
2	Walk as much as you can				2 hours x 1		Flat	<input type="checkbox"/>
3	Walk as much as you can				3-4 hours x 1		Flat	<input type="checkbox"/>
4	Walk as much as you can				4-5 hours x 1		Flat	<input type="checkbox"/>
5		1 hour x 1			3-4 hours x 1		Gentle hills	<input type="checkbox"/>
6		1 hour x 1			4-5 hours x 1		Gentle hills	<input type="checkbox"/>
7		1 hour x 1			5-6 hours x 1		Gentle hills	<input type="checkbox"/>
8		1 hour x 1			5-6 hours x 1		Gentle hills	<input type="checkbox"/>
9		1-2 hours x 1			3-4 hours x 2		Gentle hills	<input type="checkbox"/>
10		1-2 hours x 1			5-6 hours x 1		Hilly	<input type="checkbox"/>
11		1-2 hours x 1			3-4 hours x 2		Gentle hills	<input type="checkbox"/>
12		1-2 hours x 1			5-6 hours x 1		Gentle hills	<input type="checkbox"/>
13		5-6 hours x 1			5-6 hours x 2		Hilly	<input type="checkbox"/>
14		1-2 hours x 2			3-4 hours x 2		Hilly	<input type="checkbox"/>
15		1-2 hours x 2			5-6 hours x 2		Hilly	<input type="checkbox"/>
16		1-2 hours x 2					Well Done Buen Camino!	<input type="checkbox"/>