

Training Program for Norwegian Foot March

Program#2:

Week 1-2: Building a Base

- **Goals:** Focus on walking and improving basic endurance.
- **Schedule:**
 - **3 days per week:** Walk 3–4 miles at a steady pace.
 - **1 day per week:** Practice hiking with a backpack, carrying 5–10 lbs.
- **Tips:** Warm up for 5–10 minutes before walking, and stretch afterward to prevent stiffness.

Week 3-4: Gradual Increase

- **Goals:** Increase mileage and introduce weighted hikes.
- **Schedule:**
 - **4 days per week:** Walk 4–6 miles at a moderate pace.
 - **1 day per week:** Hike with a backpack, gradually increasing weight to 10–15 lbs.
- **Tips:** Pay attention to your posture while walking or hiking—keep your back straight and shoulders relaxed.

Week 5-6: Pushing Your Limits

- **Goals:** Improve endurance and acclimate to weight-bearing exercise.
- **Schedule:**
 - **4 days per week:** Walk 6–8 miles at a brisk pace.
 - **1 day per week:** Long hike with a backpack, carrying 15–20 lbs.
- **Tips:** Start incorporating hills or uneven terrain for your hikes, if possible.

Week 7-8: Event Preparation

- **Goals:** Mimic event conditions and finalize preparation.
- **Schedule:**
 - **3 days per week:** Walk 8–10 miles at a brisk pace.
 - **1 day per week:** Long hike (10+ miles) with a backpack carrying 20–25 lbs.
 - **Rest day:** Prioritize recovery with light stretching or yoga.
- **Tips:** Wear the footwear and clothing you plan to use for the event to prevent surprises.

General Advice:

- **Hydration & Nutrition:** Drink water during walks and hikes, and maintain a balanced diet with carbs, proteins, and healthy fats.
- **Rest:** Ensure adequate sleep and give yourself time to recover between intense sessions.
- **Listen to Your Body:** If you feel pain or discomfort, adjust your plan to avoid injury.