



the yorkshire three peaks challenge

IKIGAI ADVENTURES: Y3P Training Program

Here is a sample training program for walking the
Yorkshire Three Peaks Challenge:

WEEK 1:

Monday: 3-mile walk at a moderate pace
Tuesday: Rest
Wednesday: 3-mile walk at a moderate pace
Thursday: Rest
Friday: 4-mile hike at a moderate pace
Saturday: Rest
Sunday: 5-mile hike at a moderate pace

WEEK 2:

Monday: 3-mile walk at a moderate pace
Tuesday: Rest
Wednesday: 4-mile hike at a moderate pace
Thursday: Rest
Friday: 5-mile hike at a moderate pace
Saturday: Rest
Sunday: 6-mile hike at a moderate pace

WEEK 3:

Monday: 4-mile hike at a moderate pace
Tuesday: Rest
Wednesday: 5-mile hike at a moderate pace
Thursday: Rest
Friday: 6-mile hike at a moderate pace
Saturday: Rest
Sunday: 7-mile hike at a moderate pace

WEEK 4:

Monday: 5-mile hike at a moderate pace
Tuesday: Rest
Wednesday: 6-mile hike at a moderate pace
Thursday: Rest
Friday: 7-mile hike at a moderate pace
Saturday: Rest
Sunday: 8-mile hike at a moderate pace

WEEK 5:

Monday: 6-mile hike at a moderate pace
Tuesday: Rest
Wednesday: 7-mile hike at a moderate pace
Thursday: Rest
Friday: 8-mile hike at a moderate pace
Saturday: Rest
Sunday: 9-mile hike at a moderate pace

WEEK 6:

Monday: 7-mile hike at a moderate pace
Tuesday: Rest
Wednesday: 8-mile hike at a moderate pace
Thursday: Rest
Friday: 9-mile hike at a moderate pace
Saturday: Rest
Sunday: 10-mile hike at a moderate pace

WEEK 7:

Monday: 8-mile hike at a moderate pace
Tuesday: Rest
Wednesday: 9-mile hike at a moderate pace
Thursday: Rest
Friday: 10-mile hike at a moderate pace
Saturday: Rest
Sunday: Yorkshire Three Peaks Challenge

NOTE: This is a basic program, and it's important to consult with a doctor before starting any training program. Also, it's important to gradually increase the intensity and duration of your hikes as you get closer to the challenge to make sure your body is properly acclimated.

It's also important to note that the Yorkshire Three Peaks Challenge is a demanding hike, covering a distance of 24.5 miles and climbing a total of 5,200ft. It is important to be in good physical condition before attempting it, and to be prepared for the conditions on the day, including appropriate footwear and clothing, and enough food and water to sustain you throughout the hike.