

# Camino Training Plan



The following suggested plan aims to improve your fitness in preparation for walking the SVP Camino de Santiago Pilgrimage 2026. You will be walking 5 days in a row, with varying daily distances of 12 – 28km (7.5 – 17miles).

You may choose to swap some of your short regular walks for an alternative activity, such as: swimming, running, a gym workout, tennis, etc. It is important to not just practice walking the distances, but also the fact you will be walking with multiple days in a row. It is also key to test out any equipment, such as walking shoes, walking sticks, and carrying your day backpack.

If you have any concerns, please contact your doctor to discuss further. This is only a suggested training plan.

**Top tip! It's never 'too early' to begin training and preparing.**

## 6 months before

- Start walking 5km 2 times per week, on flat terrain (outside or on a treadmill). Take this at your own pace to begin. You may choose to start with a shorter distance and work your way up.
- By the end of the month, aim to be walking 5km in 60 – 80 minutes.

## 5 months before

- Increase your distance to 7.5km, 2 times per week on flat terrain.
- Complete your first 10km walk on flat terrain.

## 4 months before

- Continue walking 7.5km, but increase to 3 times per week. Try not to stop during these walks. Start introducing some hills and varied terrains.
- Complete your first 15km walk – a local hike rather than on pavements if possible.

### 3 months before

- Walk 10km 2 times per week. Vary the terrain and add hills.
- Complete a 20km walk with a backpack. Try going for a short 5km walk the next day to test walking two days in the row.

If you haven't already, now is the time to buy your **walking shoes** and break them in. Start by wearing them on your shorter walks, and then on your 25km walk the next month.



### 2 months before

- Complete your longest walk so far – a 25km local hike with a small backpack, on varied terrain.
  - The purpose of this walk is to test the longest distance.
  - Then try going for a 5km walk the next day too (can be on local flat terrain), and if time is available, a 3km walk day the after that too. This will test walking 3 days in a row.
- Regular walking of 1-hour, 4 times a week, to maintain fitness and continue breaking in your walking shoes.

### 1 month before

- Complete x2 15km walks, 2 days in a row, with your day backpack. At least one of these walks should be on hilly terrain. On the third day, if time is available, complete a 5-10km walk.
  - You are aiming to achieve 3 long walks in a row. You may choose to vary the distances slightly.
- Continue your regular walking of a 1-hour walk, 4 times a week, wearing your walking shoes.

### The week before

- Rest your body in preparation.
- You can go on gentle walks (no more than 5km) to keep your body active.