

KCC - 8 week Kilimanjaro Training Schedule- Walking Program

Week One

	Tuesday	Thursday	Sunday
Warm up and stretch	8 minutes	8 minutes	8 minutes
Walk			
Flat terrain - 4,5 km/hour	10 minutes	10 minutes	10 minutes
Walk - lower leg development			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
Walk			
Flat terrain - 4,5 km/ hour	40 minutes	40 minutes	40 minutes
Stretch and cool down	5 minutes	5 minutes	5 minutes
Total time	70 minutes	70 minutes	70 minutes

Week Two to Three

	Tuesday	Thursday	Sunday
Warm up and stretch	8 minutes	8 minutes	8 minutes
Walk			
Flat terrain - 4,5 km/hour	10 minutes	10 minutes	10 minutes
Walk - lower leg development			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
Walk			
Flat terrain - 4,5 km/ hour	40 minutes	40 minutes	40 minutes
Uphill - 2 - 3 km/ hour	N/A	N/A	20 minutes
Downhill - 5 - 6 km/ hour	N/A	N/A	10 minutes
Stretch and cool down	5 minutes	5 minutes	5 minutes
Total time	70 minutes	70 minutes	70 minutes

Week Four to Eight

	Tuesday	Thursday	Sunday
Warm up and stretch	8 minutes	8 minutes	8 minutes
Walk			
Flat terrain - 4,5 km/hour	10 minutes	10 minutes	10 minutes
Walk - lower leg development			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
Walk			
Flat terrain - 4,5 km/ hour	40 minutes	30 minutes	50 minutes
Uphill - 2 - 3 km/ hour	N/A	20 minutes	40 minutes
Downhill - 5 - 6 km/ hour	N/A	10 minutes	20 minutes
Stretch and cool down	5 minutes	5 minutes	5 minutes
Total time	70 minutes	90 minutes	140 minutes