

CAMINO TRAINING PLAN

DAILY

5 minutes of stretching

WEEKS 1-2

7/k x 3

WEEKS 3-4

7/k x 2, 10/k x 1
Add in core exercises

WEEKS 5-6

7/k x 2, 10/k x 2
Add some hills

WEEKS 7-8

7/k x 2, 10/k x 1, 20/k x 1

WEEKS 9-10

7/k x 2, 20/k x 2
1-2 with a loaded pack

WEEKS 11-12 7/k x 2, 24/k x 2