



CAMINO TRAINING GUIDE

Walking the Camino is not about speed, it is about distance and repetition. You will need to build yourself up to walking 15 miles a day. Remember, there are many places to stop and rest along the way, so it is not 15 miles without stopping. Typically, you will walk 1.5-2 hrs and then stop for a break, then walk for another 1.5-2 hr and have lunch, then maybe another 1-2 hrs, depending on the day. Not all days are 15 miles long but if you train for the long days, you will be fit and ready to walk day after day on your Camino. On the Camino, you will be making stops to rest and to eat at approx. mile 5-6. So, when you are training, plan on taking a break after 1.5-2 hours of walking or split your walks into two - one in the AM and one in the PM (that is, once you get to that training level). As soon as you feel comfortable, start wearing the pack you will carry every day. If you are planning on carrying a day pack, put a couple bottles of water, band-aids and/or Compeed), a spare pair of shoes and a spare pair of socks – you may find you want to trade those out as you walk. Different shoes can help if you are starting to get a “hot spot” and dry socks really make a difference!

If you do start to get a “hot spot”, stop IMMEDIATELY and tend to it. A hot spot will only get worse and potentially result in a blister, which can stop/slow your training. Compeed bandages are amazing as they cover the hot spot and act like a second layer of skin – they are relatively expensive but worth every penny! We suggest getting an assorted pack and keeping it with you on each hike.

If you don't regularly exercise then the earlier you start training, the better. The Portuguese Camino is relatively flat, so no need to find hills to climb (although, if you find hills to hike, this will build up your endurance quickly). If your local weather prohibits you from walking outside, then a treadmill will work. The most important part of training is to **be consistent**. The more dedicated to training you are, the more enjoyable the walk on the Camino will be! The training guide below assumes you are doing little or no exercise now. Look at each training milestone to see where you should start. For example, if you are already walking 45-60 min 5 times/week, then start training at the 17-20 weeks prior to departure.

Another great hint is to put these dates on your calendar! This will help remind you where you should be and give added motivation!!



21 + Weeks Prior to Departure

Walk 20-30 minutes a day 3 days/week. One day/week walk for 45 minutes.

17-20 Weeks Prior to Departure

Walk 45-60 minutes 5 days/week. Start wearing your backpack. If you plan on carrying all of your gear, walk with approx 14-15 lbs to simulate the weight. See the note on page one for day packs and also Compeed.

13-16 Weeks Prior to Departure

Walk 1-1.5 hrs 5 times/week with your backpack. At this point, you will be able to comfortably walk 4.5 miles at an average 20 min/mile pace (3 miles/hour).

9-12 Weeks Prior to Departure

Walk for 2 hours 5 days/week. One day/week, bump your time up to a 3 hour walk. Be sure to carry your backpack.

5-8 Weeks Prior to Departure

Walk for 3 hours 5 days/week. One day/week bump your time up to a 5 hour walk – break the walk up by stopping for a beverage half way through. Again, carry the backpack.

1-4 Weeks Prior to Departure

Walk for 4 hrs 5 days/week – you can break it up into 2 walks. One day/week bump your time up to a 6 hour walk. We like to call those “walk abouts” – think about where you can walk for 2 hours and stop for coffee, then walk for another 2 hours and stop for lunch, then finish with another 2 hours of walking.

By the end of 6 months of training, you will be able to comfortably walk 15 miles for 10 days in a row!

YOU ARE READY FOR YOUR CAMINO!!