

Your Ultimate Hikes Training Guide

Here's a generalised 100-day training plan to prepare you for your Ultimate Hikes guided walk in New Zealand. It will help build endurance, strength, and technical skills progressively, with built-in recovery.

Please note this is only intended as a guideline to assist you in preparation for your walk. Listen to your body and rest when needed. If you experience any pain or discomfort, rest and seek medical advice. Alongside the suggestions, we recommend adding strength sessions to your training. These can include a blend of pilates, yoga, gym-based workouts, and targeted balance exercises.

To ensure you train safely and efficiently, we recommend working with a qualified instructor or personal trainer, particularly when introducing new exercises or heavier weights.

Days 1 - 30

Goal: Develop consistent walking habits, build base fitness.

Weekly routine:

- 2-3 walks/week in your hiking boots: 30-60 min on easy terrain.
- 1 long walk/week with a medium sized pack (5-7 kg): 5-10 km varied terrain.
- 1 stretching session (foam rolling, and stretching).

Focus on wearing your boots you intend to walk in on track, it's crucial to wear them in to avoid blisters.

Days 31 - 60

Goal: Increase distance, elevation gain and pack weight.

Weekly routine:

- 1-2 hill sessions: treadmill incline or hill repeats.
- 1 long hike: 10-15 km with your full pack.
- 2 moderate walks: 8-12 km with occasional uphill.
- 1 flexibility/rest session.

The weather in Fiordland and Mt Aspiring National Parks can be unpredictable, so try to include some training hikes in wet or cold conditions. It's great preparation for the track, and a good chance to test your rain gear.

Days 61 - 90

Goal: Prepare for days on track by hiking up to 16km with elevation gain and your pack.

Weekly routine:

- 2 long hikes: 12-16 km >400 m elevation gain, full pack.
- 1 technical hike: rocky/uneven terrain.
- 1 hill/treadmill session: continuous climb.
- 1 rest/flexibility day.

Back-to-back long hikes simulate multi-day fatigue, similar to what you may experience on track.

Days 91 - 100

Goal: Recover and check gear.

Weekly routine:

- Moderate 5-10 km walks, light strength.
- Full-gear check: You can find our suggested packing list [here](#).