

A Walking Plan to Train for the Camino de Santiago

When training for the Camino, I suggest two primary goals:

1. Establish a walking habit.

That means start walking now and walk often. Aim to walk five days a week, even if it is just for 30 minutes to an hour.

2. Increase time walked as your Camino start date approaches.

As you count down to your Camino start, aim to continue to walk five days a week, spending more time each time you walk. For simplicity, you can measure your walking time in hour blocks – one, two, three-hour walks, and so on.

Here is my simplified take on increasing time walked as you approach your Camino start date:

A Five Month Training Plan

Time Walked	FIVE Months Before	FOUR Months Before	THREE Months Before	TWO Months Before	ONE Month Before	Final Week
30 mins-1 Hr	5 times per wk	3 times per wk	3 times per wk	3 times per wk		
2 hours		2 times per wk			3 times per wk	
3 hours			2 times per wk			Relax!
4 hours				2 times per wk		
5 hours					2 times per wk	

What if you’ve just decided to walk the Camino, somewhat last minute, and don’t have five months to train? If that’s the case, you will need to accelerate your training timeframe, but still aim to walk the same blocks of time as described above. For example, what if you have only 10 weeks to train? Here is what that plan might look like:

A Ten Week Training Plan

Time Walked	TEN Weeks Before	EIGHT Weeks Before	SIX Weeks Before	FOUR Weeks Before	TWO Weeks Before	Final Week
30 mins-1 Hr	5 times per wk	3 times per wk	3 times per wk	3 times per wk		
2 hours		2 times per wk			3 times per wk	
3 hours			2 times per wk			Relax!
4 hours				2 times per wk		
5 hours					2 times per wk	

You can adjust the top grid to match your training timeline, regardless of how much time you have to prepare for you Camino.

Wishing you a beautiful Camino journey!

~ Nancy