



**THE
NIGHT
HIKE**
3 WEEK
**TRAINING
GUIDE**

By Lucy Wyndham-Read

Free 21-Day Training Guide is designed to enhance your fitness, endurance, and stamina. By the time you're ready for The Nightingale's Night Hike you'll feel your fittest and strongest self.



Let me introduce myself. I am Lucy Wyndham-Read, a qualified trainer and YouTube fitness coach with over 30 years of experience. My core message is that exercise prioritises health over appearance. Engaging in movement is one of the most effective forms of medicine. In this guide, I will share a combination of walking workouts, bodyweight stretches, and full-body stretching routines, including the perfect relaxing nighttime stretch video to help ensure you enjoy a restful sleep before your race.

This programme will:

- Enhance your fitness
- Improve your overall well-being
- Strengthen your bone health
- Boost your metabolic health
- Increase your energy levels
- Tone your body all over

So all you need to do below is press the PLAY NOW BUTTON on your weekly workout schedules below and follow along, then tick off each day you complete your workout.

WEEK 1

Please note that you will need to be online to view the workouts.

Tick when done

DAY 1

15 MIN HEALTH WALK

PLAY NOW

DAY 2

7 MIN MOBILITY

PLAY NOW

DAY 3

20 MIN CARDIO

PLAY NOW

DAY 4

15 MIN WALK IN PARIS

PLAY NOW

DAY 5

5 MIN STRONGER BODY

PLAY NOW

DAY 6

15 MIN WALK AT HOME

PLAY NOW

DAY 7

15 MIN FULL BODY TONE

PLAY NOW

WEEK 2

Please note that you will need to be online to view the workouts.

			Tick when done
DAY 8	20 MIN WALK	PLAY NOW	<input type="checkbox"/>
DAY 9	15 MIN WALK	PLAY NOW	<input type="checkbox"/>
DAY 10	7 MIN BETTER BALANCE	PLAY NOW	<input type="checkbox"/>
DAY 11	15 MIN WALK IN LONDON	PLAY NOW	<input type="checkbox"/>
DAY 12	7 MIN ABS & CORE	PLAY NOW	<input type="checkbox"/>
DAY 13	25 MIN INTERVAL WALK	PLAY NOW	<input type="checkbox"/>
DAY 14	10 MIN RELAXATION MEDIATAION	PLAY NOW	<input type="checkbox"/>

Please note that you will need to be online to view the workouts.

WEEK 3

Tick when done

DAY 15

20 MIN CARDIO

PLAY NOW

DAY 16

30 MIN INTERVAL WALK

PLAY NOW

DAY 17

15 MIN CARDIO ABS

PLAY NOW

DAY 18

20 MIN WALK IN BRUGES

PLAY NOW

DAY 19

15 MIN FULL BODY TONE

PLAY NOW

DAY 20

10 MIN WALK

PLAY NOW

DAY 21

7 MIN STRETCH

PLAY NOW

Here are practical tips for the week before your walk to ensure you feel prepared, comfortable, and energized:

TRAINING

Take a rest day or two before the event to ensure you're fresh.

NUTRITION

Eat balanced meals: Focus on complex carbohydrates (like whole grains, rice, pasta, potatoes, or oats) for steady energy, lean protein (such as chicken, fish, tofu, or beans) for muscle support, and healthy fats (like avocado, nuts, or olive oil).

Stay hydrated throughout the week — aim for regular water intake, not just on the day.

Avoid trying new or heavy foods in the 24 hours before the walk.

PREPARE FUEL & HYDRATION

Bring small snacks like bananas, or nuts.

Pack a full water bottle.

STRETCH & SLEEP

Stretch daily, especially calves, hamstrings, and hips.

Get good sleep during the week — recovery starts before the walk.

USEFUL VIDEOS



This will be an excellent stretch video to incorporate into your daily routine in the week leading up to your walk.



This video will guide you to achieve a wonderful night's sleep, and I recommend repeating this routine during the week leading up to the walk. You can easily do this in your pajamas right before bedtime!



If you're experiencing any knee issues, this routine is an excellent way to help strengthen your knees.

