

Camino de Santiago

The Way of St. James



CAMINO DEL NORTE / SPAIN

20 Week Hike Training Guide for Pilgrims

*** 5x per week | walking with backpack**
By Week 4, train with the pack, gear, and shoes planned for the trip.

**** 2x per week | strength & stretching**
Strengthen and stretch legs, feet, ankles, back and shoulders.

Weeks 1 - 3 1 2 3

MON. TUES. WED. THURS.

*walk 3 miles per day

FRI. rest & **strength & stretch

SAT. *6 mile hike

SUN. rest & **strength stretch

Weeks 4 - 7 4 5 6 7

MON. TUES. WED. THURS.

*walk 4 miles per day

FRI. rest & **strength & stretch

SAT. *8 mile hike

SUN. rest & **strength stretch

Weeks 8 - 11 8 9 10 11

MON. TUES. WED. THURS.

*walk 5 miles per day

FRI. rest & **strength & stretch

SAT. *10 mile hike

SUN. rest & **strength stretch

Weeks 12 - 15 12 13 14 15

MON. TUES. WED. THURS.

*walk 6 miles per day

FRI. rest & **strength & stretch

SAT. *12 mile hike

SUN. rest & **strength & stretch

Weeks 16 - 18 16 17 18

MON. TUES. WED. THURS.

*walk 7 miles per day

FRI. rest & **strength & stretch

SAT. *14 mile hike

SUN. rest & **strength & stretch

Week 19 19

MON. TUES. WED. THURS.

*walk 8 miles per day

FRI. rest & **strength & stretch

SAT. *16 mile hike

SUN. rest & **strength & stretch

Week 20 you are ready!

Take it easy with light 2 - 3 mile walks with no backpack and prepare yourself spiritually for the pilgrimage.

CAMINO DAY 1: Colombres to Llanes (15 miles)

CAMINO DAY 2: Llanes - Cuerres (14.5 miles)

CAMINO DAY 3: Cuerres - La Isla/Colunga (16.35/18.45)

CAMINO DAY 4: La Isla/Colunga - Villaviciosa (13.11 miles apx.)

CAMINO DAY 5: Villaviciosa - Gijón (19 miles)

CAMINO DAY 6: Soto de Luiña - Canero (16.25 miles)

CAMINO DAY 7: O Pedrouzo to Santiago (12 miles)

**Note: all pilgrims will walk the same approximately 29 miles over the course of these two days; they will have more distance on day 3 or day 4, depending on where they stay the night on Day 3!*