

## Cape Wrath Fast Hike Training Program



Trip	Activity	Location	Date	Distance		
				Day 1	Day 2	Day 3
1	Day hike	London Loop	21/11/2014	30		
2	3 days	Peak District	6-8/12/2014	25	15	10
3	Day hike (Family?)	Surrey Hills	14/12/2014	25		
4	Run	Epping Forest	28/12/2014	10		
5	2 days	South Downs	10-11/1/2015	25	15	
6	Navigation 2 day	Peak District	24-25/1/15	10	10	
7	Day hike	London Loop	08/02/2014	35		
8	2 days	North Downs	21-22/2	25	25	
9	Run	Epping Forest	01/03/2014	10		
10	Day hike (Family?)	London Loop	15/03/2014	20		
11	2 days	Cotswolds Way	21-22/3/15	30	30	
12	Day hike	London Loop	29/03/2014	35		
13	3 days	Dartmore	5-7/4/2015	25	25	25
14	Day hike	?	19/04/2014	25		
15	Navigation 2 day	?	25-26/4/15	10	10	
16	Run	Epping Forest	03/05/2014	10		
17	Trip	Cape Wrath	16-26/5/2015			