

12-Week Camino Training Plan

**Prepare Your Body, Strengthen Your Mind,
and Walk Toward Transformation**

*A free training guide to help you confidently step onto the Camino de
Santiago with strength, endurance, and intention.*



Welcome!

Walking the Camino is an extraordinary journey. This 12-week training plan will help you arrive strong, resilient, and ready to enjoy every step.

You don't need to be an elite athlete to walk the Camino. You simply need to prepare your body, mind, and spirit for the rhythm of daily walking.

Here's what this plan will help you build:

- Endurance to walk 10-12 miles per day
- Strength to handle backpack weight and hills
- Resilience to walk on consecutive days
- Mindfulness to savor the journey, not rush it

Training Phases Overview

We have broken the 12 weeks into four training phases to guide you step-by-step. First, the **Foundation Phase** (weeks 1-3) helps you build consistency and basic strength. Then the **Building Phase** (weeks 4-8) increases your distance and gets you comfortable carrying a light pack. In the **Peak Phase** (weeks 9-11), you will walk longer and stronger than ever before, preparing for the real demands of the Camino. Finally, the **Taper Phase** (week 12) gives your body time to recover so you feel rested, confident, and ready when it is time to take your first real steps on the Way.

How to Use This Plan:

- Consistency beats intensity — steady practice matters most.
- Walk 3-5 days each week — including one "long walk."
- Progress your distance gradually — following the weekly mileage goals.
- Start carrying a light pack in Week 6, building up to 15 lbs by Week 8.
- Allow for flexibility — listen to your body when it needs a rest day.
- Optional Bonus Resources are included to deepen your preparation if you want.

Training Overview: 12-Week Training Summary Table

Week	Phase	Walk Days	Long Walk Goal	Pack Weight	Total Weekly Mileage Goal	Key Action
1	Foundation	3 x 30 min	2-3 miles	None	6-8 miles	Establish walking habit, stretch after walks
2	Foundation	3 walks (45 min each)	3-4 miles	None	8-10 miles	Add strength 2x/week
3	Foundation	3-4 walks	5 miles	None	10-12 miles	Add light yoga/stretching
4	Building	4 walks	6 miles	None	12-14 miles	Focus on hydration & fueling
5	Building	4 walks	7 miles	None	14-16 miles	Walk AM + PM once
6	Building	4 walks	8 miles	+5 lbs	16-18 miles	Start light pack training
7	Building	5 walks	9 miles	+10 lbs	18-20 miles	Back-to-back moderate walks
8	Building	5 walks	10 miles	+15 lbs	20-22 miles	Intention setting during walks
9	Peak	5 walks	10-11 miles	15 lbs	32-36 miles	Long walk 10+ miles + back-to-back days
10	Peak	5 walks	11-12 miles	15 lbs	34-38 miles	Simulate multiple Camino days
11	Peak	5 walks	12 miles	15 lbs	34-38 miles	Peak volume week
12	Taper	3 walks	6-8 miles	Optional Light Pack	10-14 miles	Gratitude walks, emotional prep

Buen Camino! Let's get started.

Foundation Phase:

Build basic walking endurance and flexibility while establishing your training routine.

Week 1: Build Your Base

Coaching Note

This week, you are laying the foundation for everything to come. Focus on simply moving your body consistently. Get in your walks, stretch after each session, and build the habit. It is not about distance yet. It is about showing up. Consistency is your biggest win right now.

Weekly Targets

- Walk Days: 3 days (30 minutes each)
- Long Walk Goal: 2 to 3 miles
- Pack Weight: None
- Total Weekly Mileage Goal: 6 to 8 miles

Key Actions

- Walk three times this week for at least 30 minutes per session.
- Complete one longer walk of 2 to 3 miles at an easy pace.
- Stretch your calves, hamstrings, hips, and lower back after every walk.
- Begin tuning into your walking posture and pacing.
- Stay focused on consistency, not speed or mileage yet.

Optional Bonus Activities

- ☐ Try a simple plank hold after one walk to activate your core.
- ☐ Practice solo nature walks with active listening to your surroundings.
- ☐ Begin learning a few basic Spanish phrases.

Foundation Phase:

Build basic walking endurance and flexibility while establishing your training routine.

Week 2: Strength from the Ground Up

Coaching Note

Now that you are moving, it is time to start building real strength. Walking is your priority, but adding a little muscle work will protect your knees, hips, and back. Flexibility work will help keep soreness away. Keep showing up and layering small improvements.

Weekly Targets

- Walk Days: 3 walks (45 minutes each)
- Long Walk Goal: 3 to 4 miles
- Pack Weight: None
- Total Weekly Mileage Goal: 8 to 10 miles

Key Actions

- Walk three times this week, gradually building time on your feet.
- Complete one long walk of 3 to 4 miles at a comfortable pace.
- Add two short strength training sessions this week (e.g., squats, planks, push-ups).
- Stretch after each walk, especially focusing on lower body mobility.
- Notice how strength and walking work together to build endurance.

Optional Bonus Activities

- ☐ Add wall sits or bodyweight squats after a short walk.
- ☐ Journal your top three personal reasons for doing the Camino.
- ☐ Try a five-minute breathing exercise for relaxation.

Foundation Phase:

Build basic walking endurance and flexibility while establishing your training routine.

Week 3: Stretch Into It

Coaching Note

You are starting to spend more time on your feet. It is normal to feel a little tired or sore. Lean into stretching and active recovery. These small habits will build your resilience for the longer walks to come.

Weekly Targets

- Walk Days: 3 to 4 walks
- Long Walk Goal: 5 miles
- Pack Weight: None
- Total Weekly Mileage Goal: 10 to 12 miles

Key Actions

- Walk three to four times this week, including one 5-mile walk.
- After every walk, complete a full-body stretching session (5 to 10 minutes).
- Include one yoga or active recovery day if possible.
- Focus on breathing deeply and relaxing into your pace during walks.
- Reflect on how your body is adapting to longer efforts.

Optional Bonus Activities

- ☐ Follow a basic Vinyasa yoga video after a longer walk.
- ☐ Study one stage of your intended Camino route.
- ☐ Practice gratitude by writing down three good things after your longest walk.

Build Phase:

Increase walking volume, build strength under a light pack, and begin mental preparation.

Week 4: Fuel the Journey

Coaching Note

You are putting more miles under your feet now. Nutrition and hydration start to matter more. This week is about tuning into how you feel before, during, and after walks. Small adjustments now will make a big difference later.

Weekly Targets

- Walk Days: 4 walks
- Long Walk Goal: 6 miles
- Pack Weight: None
- Total Weekly Mileage Goal: 12 to 14 miles

Key Actions

- Walk four times this week, with one longer effort of 6 miles.
- Carry a water bottle on every walk and hydrate consistently.
- Eat a light, nutritious snack before and after longer walks.
- Experiment with walking at different times of day and observe energy levels.
- Stretch consistently and consider adding mobility work for hips and ankles.

Optional Bonus Activities

- ☐ Carry a water bottle during your walks and track intake.
- ☐ Research simple snacks to try on your long walks.
- ☐ Try a five-minute meditation before a long walk to center your mind.

Build Phase:

Increase walking volume, build strength under a light pack, and begin mental preparation.

Week 5: Go Longer

Coaching Note

This is your first endurance push. Introduce a longer single walk and, if possible, experience two walks in one day. It is not about speed. It is about experiencing a little fatigue and learning to move through it gracefully.

Weekly Targets

- Walk Days: 4 walks
- Long Walk Goal: 7 miles
- Pack Weight: None
- Total Weekly Mileage Goal: 14 to 16 miles

Key Actions

- Walk four times this week, including one 7-mile long walk.
- Plan one day where you walk twice (morning and afternoon), even if both walks are short.
- Practice mindful fueling: drink and eat small amounts during your longest walks.
- Stretch after every session to speed recovery.
- Pay attention to any early signs of blisters or hot spots.

Optional Bonus Activities

- ☐ Add a short post-walk meditation session to encourage recovery.
- ☐ Practice gratitude journaling after your longest walk.
- ☐ Test out carrying a very light pack with a few essentials.

Build Phase:

Increase walking volume, build strength under a light pack, and begin mental preparation.

Week 6: Mind Over Miles

Coaching Note

This week you introduce light pack carrying. Start small and notice how it changes your body mechanics. Mentally, this is about learning to carry a load — physically and emotionally. Stay patient and stay steady.

Weekly Targets

- Walk Days: 4 walks
- Long Walk Goal: 8 miles
- Pack Weight: ~5 pounds
- Total Weekly Mileage Goal: 16 to 18 miles

Key Actions

- Walk four times this week, building total time on your feet.
- Complete one long walk of 8 miles with a light (5-pound) pack.
- Strengthen your core with basic planks or other core stability work.
- Stretch your shoulders, back, and hips after pack-carrying days.
- Begin practicing mindfulness during walks: focus on breathing and step rhythm.

Optional Bonus Activities

- ☐ Add light stretching before and after carrying your pack.
- ☐ Practice a short body scan meditation to check in with your body.
- ☐ Research local trails or routes for longer walks.

Build Phase:

Increase walking volume, build strength under a light pack, and begin mental preparation.

Week 7: Strengthen Connections

Coaching Note

At this point, the physical challenge is growing, but so is your strength. Bring in a walking partner if you can. Sharing a few miles with a friend reminds you that the Camino is not just about solo perseverance. It is about connection too.

Weekly Targets

- Walk Days: 5 walks
- Long Walk Goal: 9 miles
- Pack Weight: ~10 pounds
- Total Weekly Mileage Goal: 18 to 20 miles

Key Actions

- Walk five times this week with your light (10-pound) pack on longer walks.
- Complete one long walk of 9 miles.
- Schedule two back-to-back walking days, if possible (example: Saturday and Sunday).
- Strengthen legs and back through bodyweight or resistance exercises 1 to 2 times.
- Reflect on what emotional or social support systems you want for your Camino journey.

Optional Bonus Activities

- ☐ Join a local hiking group or attend a group fitness class.
- ☐ Listen to a Camino podcast while on a walk.
- ☐ Reflect in your journal: "Who or what supports me on my journey?"

Build Phase:

Increase walking volume, build strength under a light pack, and begin mental preparation.

Week 8: Spirit of the Journey

Coaching Note

You are developing real endurance and resilience now. Keep focusing on intentions each day you walk. Your mind is a powerful tool. Train it just like you are training your legs.

Weekly Targets

- Walk Days: 5 walks
- Long Walk Goal: 10 miles
- Pack Weight: ~12-15 pounds
- Total Weekly Mileage Goal: 20 to 22 miles

Key Actions

- Walk five times this week, carrying 15 pounds for long walks.
- Complete a 10-mile long walk, practicing steady pacing and fueling.
- Practice setting a daily intention before at least two walks.
- Continue stretching hips, ankles, back, and shoulders after walking days.
- Begin preparing a basic Camino gear checklist if you have not already.

Optional Bonus Activities

- ☐ Practice setting a specific intention before each walk.
- ☐ Spend one short walk in silence, reflecting on your why.
- ☐ Start a simple travel packing checklist for your Camino gear.

Peak Phase:

Reach peak endurance, complete long walks with full pack, simulate Camino walking conditions.

Week 9: Test Your Limits

Coaching Note

This is the start of your peak phase. You are ready to handle bigger mileage and multiple walking days in a row. Plan your week carefully. Include a long walk of at least ten miles and two back-to-back walking days. Focus on pacing yourself, taking care of your feet, and recovering between efforts. Fatigue is expected. Mental toughness is built one step at a time.

Weekly Targets

- Walk Days: 5 days
- Long Walk Goal: 10 to 11 miles
- Pack Weight: 15 pounds
- Total Weekly Mileage Goal: 32 to 36 miles

Key Actions

- Complete at least one walk of 10 or more miles.
- Plan two back-to-back walking days.
- Carry your full 15-pound pack on longer walks.
- Focus on hydration, foot care, and recovery habits.

Optional Bonus Activities

- ☐ Try a longer yoga session to aid mobility and recovery.
- ☐ Practice gratitude journaling after one of your longer walks.
- ☐ Review maps or guidebooks of your Camino route.

Peak Phase:

Reach peak endurance, complete long walks with full pack, simulate Camino walking conditions.

Week 10: Simulate the Camino

Coaching Note

Now you are getting very close to true Camino conditions. Walk your longest distances while carrying your full pack. Pay attention to how your shoulders, hips, and feet feel. Adjust your pace and rest when needed, but stay committed to completing your walks. Trust the foundation you have built. You are stronger and more prepared than you realize.

Weekly Targets

- Walk Days: 5 days
- Long Walk Goal: 11 to 12 miles
- Pack Weight: 15 pounds
- Total Weekly Mileage Goal: 34 to 38 miles

Key Actions

- Complete a long walk of 11 to 12 miles.
- Walk at least two consecutive days with distances over 8 miles.
- Walk with your full pack for every long walk.
- Practice fueling with snacks during your longer walks.

Optional Bonus Activities

- ☐ Complete a breathwork session to improve walking rhythm.
- ☐ Visualize arriving in Santiago to build mental resilience.
- ☐ Begin preparing your Camino packing checklist.

Peak Phase:

Reach peak endurance, complete long walks with full pack, simulate Camino walking conditions.

Week 11: Peak Week

Coaching Note

This is your hardest and most rewarding training week. Push for a twelve-mile long walk and back it up with more consecutive days of walking. Stay focused on good pacing and recovery habits. This is where all the miles, strength, and discipline come together. Finish strong, but listen to your body if it asks for an extra rest or a slower day. You are ready.

Weekly Targets

- Walk Days: 5 days
- Long Walk Goal: 12 miles
- Pack Weight: 15 pounds
- Total Weekly Mileage Goal: 34 to 38 miles

Key Actions

- Complete a 12-mile long walk with your full pack.
- Walk two to three consecutive days with distances of 7 to 8 miles.
- Focus on hydration, stretching, and nutrition after walks.
- Incorporate mindfulness into your long walks.

Optional Bonus Activities

- ☐ Try a restorative yoga class or online session.
- ☐ Reflect in your journal: "What am I most proud of so far?"
- ☐ Practice packing and adjusting your gear for comfort.

Taper Phase: Allow your body to recover, refresh your mind, and prepare emotionally.

Week 12: Celebrate the Journey

Coaching Note

This week is about resting, recovering, and reflecting. Keep walking gently to stay loose, but let your body recharge fully. Trust that you have done the work. Practice gratitude for the journey you have taken to prepare. Mentally and emotionally shift your focus to the excitement of beginning your Camino. You are ready.

Weekly Targets

- Walk Days: 3 days
- Long Walk Goal: 6 to 8 miles
- Pack Weight: Light pack optional
- Total Weekly Mileage Goal: 10 to 14 miles

Key Actions

- Walk lightly three times during the week.
- Complete one longer walk of 6 to 8 miles early in the week.
- Focus on stretching, mindfulness, and gratitude.

Optional Bonus Activities

- ☐ Light active recovery: a gentle bike ride, swim, or stretching session.
- ☐ Journal: "What am I most excited about as I start my Camino?"
- ☐ Write a thank you note to yourself for showing up and training.

Congratulations!

You have built your endurance step by step, prepared your mind for the path ahead, and connected deeply to your personal journey.

You have done the work, and you are ready to take on the Camino with strength, resilience, and heart.

"The journey of a thousand miles begins
beneath your feet." — Lao Tzu

Pause for a moment and reflect. You have created a solid foundation that will carry you forward, not just across the miles but into a transformative experience that will stay with you long after the Camino ends.

Ready to Go Deeper?

If you loved this training plan and want even more support, guidance, and confidence for your Camino, consider upgrading to the **Camino Cornerstones Premium Training Plan**.

Here is what you will receive:

- **A personalized assessment** of your holistic readiness
- **A customized 12-week training schedule** built around your assessment, your availability and integrated into your personal **Google Calendar**.
- **Recommended holistic activities** for body, mind, and spirit that align with each phase of your training.
- **Exclusive online access** to additional training resources, including instructional videos, how-to guides, and recovery and mindset exercises.
- **Bonus guidance** on gear selection, packing strategies, and nutrition tips for real-world Camino conditions.
- **Ongoing flexibility support**, helping you adjust your training if unexpected changes occur.

 **Learn More About the Premium Holistic Training Plan**

Give yourself every advantage. Walk with strength, move with purpose, and start your Camino knowing you are truly ready.

Buen Camino, pilgrim. We look forward to supporting you every step of the way.