

Camino de Santiago 12 week training plan

Lotus Eaters Travel

Week	Walking (Days/Distance)	Strength (Days)	Yoga / Mobility (Days)	Backpack Practice?
1-2	2× per week (5-8km)	1-2	2	Light (2-3kg)
3-4	3 per week (6-12km)	2	2	Yes, 1 short walk
5-6	4× per week (8-15km)	2	2	Yes, increase weight
7-8	4-5× per week (inc. 20km weekend)	3	2	Full pack 1× week
9-10	5× per week - shorter walks (20-25km once/week)	3	3	2 full-pack walks
11	3-4× walking (taper)	3	3-4	Lighter pack
12	Light walks, stretch, rest	Light bodyweight	2-3 gentle yoga	Rest, prep & pack

