

# 2022 Training Guide

Tick off each training session you complete!



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WK 1	2 KM <input type="checkbox"/>	REST	2 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	1 KM <input type="checkbox"/>	GO LONG DAY - 4 KM <input type="checkbox"/>	RECOVERY DAY	9 KM
WK 2	4 KM <input type="checkbox"/>	REST	4 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	2 KM <input type="checkbox"/>	GO LONG DAY - 5 KM <input type="checkbox"/>	RECOVERY DAY	15 KM
WK 3	4 KM <input type="checkbox"/>	REST	4 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	2 KM <input type="checkbox"/>	GO LONG DAY - 8 KM <input type="checkbox"/>	RECOVERY DAY	18 KM
WK 4	4 KM <input type="checkbox"/>	REST	4 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	2 KM <input type="checkbox"/>	GO LONG DAY - 11 KM <input type="checkbox"/>	RECOVERY DAY	21 KM
WK 5	5 KM <input type="checkbox"/>	REST	5 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	1 KM <input type="checkbox"/>	GO LONG DAY - 13 KM <input type="checkbox"/>	RECOVERY DAY	24 KM
WK 6	5 KM <input type="checkbox"/>	REST	6 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	2 KM <input type="checkbox"/>	GO LONG DAY - 15 KM <input type="checkbox"/>	RECOVERY DAY	28 KM
WK 7	6 KM <input type="checkbox"/>	REST	6 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	2 KM <input type="checkbox"/>	GO LONG DAY - 18 KM <input type="checkbox"/>	RECOVERY DAY	32 KM
WK 8	4 KM <input type="checkbox"/>	REST	4 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	2 KM <input type="checkbox"/>	GO LONG DAY - 18 KM <input type="checkbox"/>	RECOVERY DAY	28 KM
WK 9	2 KM <input type="checkbox"/>	REST	2 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	1 KM <input type="checkbox"/>	GO LONG DAY - 10 KM <input type="checkbox"/>	RECOVERY DAY	15 KM
WK 10	4 KM <input type="checkbox"/>	REST	4 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	2 KM <input type="checkbox"/>	GO LONG DAY - 8 KM <input type="checkbox"/>	RECOVERY DAY	18 KM
WK 11	4 KM <input type="checkbox"/>	REST	4 KM <input type="checkbox"/>	CROSS TRAIN <input type="checkbox"/>	2 KM <input type="checkbox"/>	EVENT DAY <input type="checkbox"/>	RECOVERY DAY	

## BEFORE YOU GET STARTED

### Get social

Training with a friend is more fun, safer and delivers more results. Connect with friends or colleagues and schedule time together to get out and train. Creating a support network keeps you motivated at times when your energy wanes.

### Choose your shoes

Ensure you have comfortable, good quality exercise shoes, which are not too old or worn. If you are not sure, go to a sports store or sports specialty shop and ask to be measured and fitted properly. Match your shoe with a comfortable pair of sports-specific socks.

### Know your way

Get familiar with the route of the Walk before the event. Be sure you are comfortable with whatever comes your way. Incorporate similar terrain in your training.

### Listen to your body

If you have pain that persists or gets worse, it's time to seek the help of a professional personal trainer or physiotherapist. If you are sick or unwell, rest is best. Remember, listen to your body, sometimes you need to push, but other times you may need to slow down.

### Hydration & nutrition

Remember to hydrate in the weeks leading up to the event and during your training. The average person should aim for 3 - 4 litres of water a day. Eat clean nutritious foods to ensure optimal results. On your longer walks, trial food items such as energy gels/bars to see how they work for your body in preparation for the event.

## TRAINING TIPS

### Slow and steady

You should start a walking program twice a week. Then slowly progress up to 3 times per week, gradually building in duration and intensity, don't try and do it all in your first day.

### Warm up

Warm up for a long walk by dynamically moving your legs, swinging them forwards and backwards and side to side, followed by a gentle stretch. This will loosen the joints and increase warmth and blood flow to the muscles - helping prevent injury to muscles, which can be more susceptible to injury when cold. Cool down with relaxed movement for 5-10 minutes followed by a 10 minute stretch.

### Rest days

Rest days are very important - allowing your body to recuperate and recover after training sessions. Muscles actually regenerate and get stronger during rest. The ideal amount of rest and recovery varies from person to person. It is recommended that you take at least one or two days of total rest per week, and avoid doing any intensive activities on these designated rest days.

### Cross train

Combine other exercise in your training program. This will work your cardiovascular and musculoskeletal system differently to walking, and the variety of doing other types of exercises keeps your program interesting. Try swimming, cycling, yoga or pilates.