



# 2021 TRAINING GUIDE

## 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

# SUGGESTED TRAINING TEMPLATE

## WEEK 1

Day	Session
Monday	2 km
Tuesday	Rest
Wednesday	2 km
Thursday	Cross Train
Friday	1 km
Saturday	Go Long Day - 4 km
Sunday	Recovery Day
Total	9 km

## WEEK 2

Day	Session
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day - 5 km
Sunday	Recovery Day
Total	15 km

## WEEK 3

Day	Session
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day - 8 km
Sunday	Recovery Day
Total	18 km

## WEEK 4

Day	Session
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day - 11 km
Sunday	Recovery Day
Total	21 km

## WEEK 5

Day	Session
Monday	5 km
Tuesday	Rest
Wednesday	5 km
Thursday	Cross Train
Friday	1 km
Saturday	Go Long Day - 13 km
Sunday	Recovery Day
Total	24 km

## WEEK 6

Day	Session
Monday	5 km
Tuesday	Rest
Wednesday	6 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day - 15 km
Sunday	Recovery Day
Total	28 km

## WEEK 7

Day	Session
Monday	6 km
Tuesday	Rest
Wednesday	6 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day - 18 km
Sunday	Recovery Day
Total	32 km

## WEEK 8

Day	Session
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day - 18 km
Sunday	Recovery Day
Total	28 km

## WEEK 9

Day	Session
Monday	2 km
Tuesday	Rest
Wednesday	2 km
Thursday	Cross Train
Friday	1 km
Saturday	Go Long Day - 10 km
Sunday	Recovery Day
Total	15 km

## WEEK 10

Day	Session
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day - 8 km
Sunday	Recovery Day
Total	18 km

## WEEK 11

Day	Session
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	Event Day