

If you are not used to walking long distances, please follow the below plan which will get you up to a confident walker in no time.

### **TRAINING PLAN**









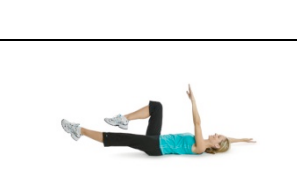
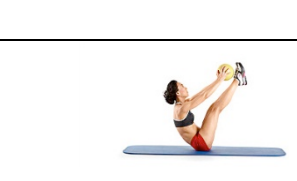
Here is a simple training plan to follow so you know what stage of fitness you should be at. You do not have to stick to it rigidly but it is useful if it has been a while since you have done regular physical activity. Try to keep to 2-3 walks a week minimum, with at least a days rest in between.

<b>Week 1</b>	The aim is not to start off too quickly. If you have not walked for long periods very much then try walking briskly for 1 min, then walk comfortably for 1 min, keep this up for 10-15 mins. Try this 2-3 times this week with 1 or 2 days in between walks.
<b>Week 2</b>	Keep to 2-3 walks this week of about 20 - 30 mins. Also incorporate the body weight exercises once this week. Try increasing the brisk walking to 2 mins and walking normally for 1 min, for a total period of 25 mins. Also perform the strength exercises listed twice this week.
<b>Week 3</b>	Try to increase the amount of time that you exercise until you can comfortably walk for 35 mins. This does not have to be at a fast pace and can include breaks (no! not to the chippy). Do not forget to continue with your leg strengthening exercises twice this week.
<b>Week 4</b>	Increase the amount of time you walk briskly. Try brisk walking for 10 mins and easy walking for 5 mins for a total period of 45 mins. Try increasing the leg exercises to 3 times this week, if this is too much then reduce the amount of reps set in the plan.
<b>Week 5</b>	You should by now be confident to walk comfortably for 60 mins. The walking does not have to be fast, but try to walk for as long as you can and then have a rest.
<b>Week 6</b>	Try walking up to 90mins at a reasonable pace once this week and a further 2 walks of 30 – 45 mins. Do not forget to continue with leg strengthening exercises.
<b>Week 7</b>	You should be comfortably walking 4 times a week, and finding it much easier to walk uphill. Continue to walk at regular intervals and combine with the leg strengthening exercises.
<b>Week 8 – Walk Week</b>	Taper your walking so that this is an easy week, do not train on Wednesday or Thursday, you will need to conserve your energy for Friday.

*If you need help with any of the exercises, ask a Fitness Advisor at the Sportspark.*

## STRENGTH PLAN

\*If you don't have a weight available then a bottle of water/bag of sugar is ok to use.

<b>Warm Up</b>	5-10min walk, brisk walk/cycle/row which increases your heart rate. Perform some dynamic stretches before you begin your workout				
<b>Lunges with rotation</b>		<b>3 x 8-10</b>	<b>Curtsey Lunges</b>		<b>3 x 8-10</b>
<b>Squats</b>		<b>3 x 10-12</b>	<b>Wide Leg Squats</b>		<b>3 x 10-12</b>
<b>Wood Chop</b>		<b>3 x 10-12</b>	<b>Squat Wood Chop with Leg Lift</b>		<b>3 x 10-12</b>
<b>Push Up Plank</b>		<b>3 x 10 sec holds</b>	<b>Side Plank with Twist</b>		<b>3 x 10 sec holds</b>
<b>Dead BugS</b>		<b>3 x 20</b>	<b>Sit Up's</b>		<b>3 x 10</b>
<b>Cool Down and Stretch</b>	Cool down with a light walk or cycle. Remember to stretch out after your workout to prevent muscle tightness/soreness and reduce your risk of injury – particularly Hamstrings, Quads, Hip Flexors, Chest and Upper Back.				

## TIPS

This is not a race so it is important not to start off too quickly and to find the right pace. Do not get too out of breath, find a comfortable walking pace that you can easily keep up for the duration.

Keep hydrated. Keep a water bottle with you and take little sips. If you are thirsty, you are already dehydrated so keep sipping.

Proper footwear cannot be emphasised enough. Doing the walk in wellies, walking boots or normal shoes can leave you with very sore feet after 8 miles.