

WALK TRAINING GUIDE

The information below is only a guide. Before you start any exercise it is advisable to consult your doctor. Should you have any concerns whilst training please seek your doctor's advice.

If at any time during training you feel have pushed yourself a little too far drop back a week in the programme. Your body will very much guide you through the whole process.

Walking Training – 12 weeks leading up to 26 mile challenge walk. You will be aiming to build it up to 3 mph.

New to walking – training – start off with 15 minute walk three times a week and gradually increase your mileage see Table 1 below.

TABLE 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
WEEK 1	15 mins (0.5 miles)		15 mins (0.5 miles)		15 mins (0.5 miles)			1.5 miles FOR WEEK
WEEK 2	20 mins (0.66 mile)		20 mins (0.66 mile)		20 mins (0.66 mile)			2 miles FOR WEEK
WEEK 3	30 mins (1 mile)		30 mins (1 mile)		30 mins (1 mile)			3 miles FOR WEEK
WEEK 4	45 mins (1.5 miles)		45 mins (1.5 miles)		45 mins (1.5 miles)			4.5 miles FOR WEEK
WEEK 5	1 hour (2 miles)		1 hour (2 miles)		1 hour (2 miles)			6 miles FOR WEEK

Already walking you may want to start at week 4 and cut this down to an eight week walking training programme.

TABLE 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILES
WEEK 6		1.5 hrs (3.75miles)		1.5 hrs (3.75 miles)		1.5 hrs (3.75 miles)		11.25 miles FOR WEEK
WEEK 7		2 hrs (5 miles)		2 hrs (5 miles)		2 hrs (5 miles)		15 miles FOR WEEK
WEEK 8		2 hrs (6 miles)		2 hrs (6 miles)			4 hrs (10 miles)	22 miles FOR WEEK
WEEK 9		2 hrs (6 miles)		2 hrs (6 miles)			5 hrs (12.5 mile)	24.5 miles FOR WEEK
WEEK 10		2 hrs (6 miles)		2 hrs (6 miles)			6 hrs (18 miles)	30 miles FOR WEEK
WEEK 11		2 hrs (6 miles)					8 hrs (24 miles)	30 miles FOR WEEK
WEEK 12		2 hrs (6 miles)		2 hrs (6 miles)		2 hrs (6 miles)		18 miles FOR WEEK

Week 12 - (week before event) at this point your longer walk should be averaging 3 miles per hour.

You need to find time to work through the training programme.

Try fitting shorter walks into your day -

Walk to work, Walk to the shops, Walk to friends houses. At the weekends walk your longer training walks.

FLUIDS – Remember to take water/energy drinks with you. Don't wait until you are thirsty, it is a good idea to drink a small amount every 2-3 miles.

FOOD – On longer walks your body will also need fuelling so take some food with you too that contain quality calories.