

Suggestion for Pre-walk Training Schedule

April	6	Mon	29	Do two 5km walks this week
		Tues	30	
Wed		1		
Thurs		2		
Fri		3		
Sat		4		
May	5	Sun	5	Do two 5km walks this week
		Mon	6	
Tues		7		
Wed		8		
Thurs		9		
Fri		10		
	4	Sat	11	Do one 5km walk and one 10km walk this week
		Sun	12	
Mon		13		
Tues		14		
Wed		15		
Thurs		16		
Fri	17			
	3	Sat	18	Do two 5km walks and one 10km walk this week
		Sun	19	
Mon		20		
Tues		21		
Wed		22		
Thurs		23		
Fri	24			
	2	Sat	25	Do two 5km walks and one 15km walk this week
		Sun	26	
Mon		27		
Tues		28		
Wed		29		
Thurs		30		
Fri	31			
June	1	Sat	1	Do a 5km walk at the beginning of the week then rest for the 17.5 kms on Sunday
		Sun	2	
Mon		3		
Tues		4		
Wed		5		
Thurs		6		
Fri	7			
		Sat	8	Do a 5km walk at the beginning of the week then rest for the 17.5 kms on Sunday
		Sun	9	

Walking Tips
Get walking! Even if it is just getting of the bus one or two stops early, using the stairs instead of the lift etc. You will enjoy the walk much more if you are fit
Do your training walks in the kit you are thinking of using on the day, then you will know what works or doesn't before you set out for the real event.
Look after your feet!
Make sure you have comfortable shoes, with good support, eg running trainers. Wear them in so they fit well on the day. NB Buy them a size or so bigger than your regular shoes so that your toes don't get bruised
Ideally get socks which don't have seams along the toe, eg makes such as Bridgedale. They are more expensive, but it's worth it to not have blisters.
Aim for a walking pace of about 4-5km/hr when training
You can use www.mapmywalk.com to measure walks and see how far to go during training.
Take plenty of water on the day (about 2L), and drink regularly. Take snacks, like energy bars, bananas, biscuits, jelly babys and after the first hour or so, keep nibbling to top your energy levels up - walking uses up 3-400 calories/hr, so after a couple of hours you will need to give yourself little energy boosts.