

10K Walking Training Plan

| WEEK | MON | TUES | WEDS | THURS | FRIDAY | SATURDAY | SUNDAY |
|------|--------------------------------|-------------|--------------------------------|-------------|--------------------------------|-------------|--|
| 1 | Rest or 20 min Active Recovery | 30 MIN WALK | Rest or 20 min Active Recovery | 30 MIN WALK | Rest or 20 min Active Recovery | 4.8 km walk | 45-90 min walk |
| 2 | Rest or 20 min Active Recovery | 35 MIN WALK | Rest or 20 min Active Recovery | 35 MIN WALK | Rest or 20 min Active Recovery | 5.9 km walk | 55-90 min walk |
| 3 | Rest or 20 min Active Recovery | 40 MIN WALK | Rest or 20 min Active Recovery | 40 MIN WALK | Rest or 20 min Active Recovery | 6.4 km walk | 65-90 min walk |
| 4 | Rest or 20 min Active Recovery | 45 MIN WALK | Rest or 20 min Active Recovery | 45 MIN WALK | Rest or 20 min Active Recovery | 7.3 km walk | 75-90 min walk |
| 5 | Rest or 20 min Active Recovery | 50 MIN WALK | Rest or 20 min Active Recovery | 50 MIN WALK | Rest or 20 min Active Recovery | 8.1 km walk | 80-90 min walk |
| 6 | Rest or 20 min Active Recovery | 55 MIN WALK | Rest or 20 min Active Recovery | 55 MIN WALK | Rest or 20 min Active Recovery | 8.9 km walk | 85-90 min walk |
| 7 | Rest or 20 min Active Recovery | 60 MIN WALK | Rest or 20 min Active Recovery | 60 MIN WALK | Rest or 20 min Active Recovery | 9.7 km walk | 90 min walk |
| 8 | Rest or 20 min Active Recovery | 30 MIN WALK | Rest or 20 min Active Recovery | 30 MIN WALK | Rest or 20 min Active Recovery | Rest | CONGRATULATIONS ENJOY YOUR 10K Walk |



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Hints and Tips

Monday: Rest or 20 minute Active Recovery Exercise. If you walked a long distance over the weekend, use this day to rest. Active Recovery Exercises include:- swimming, Treadmill walking to reduce impact or Mobility and stretching. Use Mondays to ready yourself for the workouts later in the week.

Tuesday: In this eight-week program, begin by walking for 30 minutes at a comfortable pace. Every week, add another 5 minutes to the length of your walk. By going at it gradually, you should be able to improve your walking ability without discomfort or risk of injury.

Wednesday: Rest or 20 minute active Recovery Exercise. Active Recovery Exercises include:- swimming, Treadmill walking to reduce impact or Mobility and stretching. You train hard to exercise your muscles, then rest to give them time to recover. You might want to take today off, but if yesterday's walk went good, feel free to walk again, regardless of distance.

Thursday: This is a repeat of Tuesday's workout pattern. Begin with 30 minutes and add five more minutes to your walk every week.

Friday: Rest or 20 minute active Recovery Exercise. Active Recovery Exercises include:- swimming, Treadmill walking to reduce impact or Mobility and stretching.

Saturday: The Saturday workouts are stated in miles rather than minutes. This is to give you an idea of how much distance you are able to cover over a specific period of time as well as to give you confidence in your ability to walk 10 kilometres.

Sunday: At least one day a week, go for a long walk without worrying about exactly how much distance you cover or exactly how long it takes to cover it. For instance, walk in the woods over unmeasured trails. Most people should be able to walk continuously for an hour or more at least once a week, even if it means walking very slowly or pausing to rest.

It's important to take plenty of **food and water** with you when out walking to keep hydrated and keep your energy levels up, especially on longer walks. Being prepared will help make your walk more enjoyable so here are few handy tips:

- **Carbohydrate-rich foods**, fats, and healthy sugars are a good source of **energy** and will help you keep the pace and prevent exhaustion from setting in.
- Go for foods that provide **long-lasting energy**, rather than a short-term sugar-rush. Foods which combines nuts and dried fruits, or energy bars are an excellent, high energy snack.
- **Fresh fruit also has a high water** content so can help to keep you hydrated. Bananas are high in potassium and natural sugars and harder fruit like apples and pears are compact and easy to pack. Chocolate gives you a good boost of energy so it's always handy to keep a couple of bars on you.
- If you're going on a longer walk, it's better to **snack on small amounts** throughout the day rather than eating one big meal. This will help you keep your blood sugar levels up and avoid painful cramps. **Staying hydrated** is one of the most important things to do when going walking.

* **Dehydration can lead to tiredness**, cramps and headaches and could be dangerous, so take plenty of water with you, particularly if you're going on a long walk or are walking in remote areas.

A few helpful tips:

- The Department of Health recommends that we should **drink about 1.2 litres of fluids a day**. If you're exercising you may need more, particularly in warm weather. Don't wait until you're thirsty to drink, as this is one of the first signs of dehydration. Rather take regular sips as you go along.
- **Plain tap or still mineral water** is your best option. Fizzy drinks are not good for quenching thirst as they are difficult to drink quickly. Fruit juice and non-diet soft drinks contain sugar which will boost your energy but aren't as effective as water at keeping you hydrated.
- Isotonic and sports drinks are formulated to improve the rate at which water is absorbed, but water is still the healthiest option and best way to rehydrate.

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