

# Walking Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	3 miles steady pace	Relax & stretch	3 miles steady pace	Relax & stretch	3 mile steady pace	Relax & stretch	Relax & stretch	9
2	4 miles steady pace	Relax & stretch	4 miles steady pace	Relax & Stretch	4 miles steady pace	Relax & stretch	Relax & stretch	12
3	5 miles steady pace	Relax & stretch	4 miles pick up pace	Any other activity	4 miles pick up pace	Relax & stretch	6 miles steady pace	19
4	Relax & stretch	5 miles increase pace	Any other activity 30 minutes	5 miles increase pace	Any other activity	Relax & stretch	8 miles steady pace	18
5	Any other activity	5 miles increase pace	Relax & stretch	4 miles increase pace	Any other activity	Relax & stretch	10miles steady pace	19
6	Relax & stretch	Any other activity	4 miles pick up pace	Any other activity	6 miles Intervals	Relax & stretch	12miles steady pace	22
7	Relax & stretch	6 miles steady pace	Any other activity 30 minutes	Relax & Stretch	6 miles intervals	Any other activity	Relax & stretch	12
8	14miles steady pace	Relax & stretch	6 miles steady pace	Relax & stretch	6 miles intervals	Relax & stretch	16miles steady pace	42
9	Relax & stretch	6 miles steady pace	Any other activity 30 minutes	7 miles steady pace	Any other activity	6 miles pick up pace	Relax & stretch	19
10	16miles steady pace	Relax & stretch	Any other activity 30 minutes	7 miles pick up pace	Relax & stretch	7 miles pick up pace	Relax & stretch	30
11	20 miles The long one	Relax & Stretch	Relax and stretch	5 miles steady pace	Relax & stretch	5 miles pick up pace	Relax & stretch	30
12	5 miles steady pace	Relax & stretch	3 miles pick up pace	Relax & stretch	3 miles pick up pace	Relax & Stretch	Any other activity	11
13	Congratulations							26.2

# Hints and Tips

## Walk Days

Start by getting used to regular walking and finding your pace

## Other activities

Try any other activities such as swimming, exercise class or a sport. Make sure it raises your heart rate

## Relax & stretch

Give your legs a rest. Start using these days to stretch, this will help with your walking and recovery. Try a foam roller to get into those tight muscles.

## Week 1-4

Start at a steady pace, get used to regular walking, start stretching every day, including on your rest days.


## Week 5-8

Increase your speed and with this also increase your distance. Introduce interval training for example: walking as fast as you can for 1-2 minutes and then slowing down to recover. Use strong arm movements to help. Week 8 is where you accumulate the largest amount of miles 42!

## Week 9-12

By now your speed and stamina will be nearly there, it will now start to become natural to go on a walk as part of your weekly routine. The week before your walk drop your weekly walk mileage drop to 11 in preparation to the big event.

 @omnifitstudio4105

 @studio\_4105

[www.omni-fit.co.uk](http://www.omni-fit.co.uk)

## Eating and Hydration

**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 it 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.