## n MoryPAit2016

## 8 WEER palking

This program is for a walker who wants to improve their overall health and / or get stronger for a walking event. It will suit any age and fitness level and is designed to cater for a range of different goals (distances).

Monday, Wednesday and Friday are the MAIN workout days. Tuesday, Thursday and Weekends are a REST day or optional to pursue either a strength program (if your goal is to walk $10 \mathrm{~km}+$ ) and / or lighter activities.

This is a guideline only - so pick which days work best for you and your weekly commitments. It's advised to take a REST day at least twice a week (or between your MAIN workout days). Before starting any exercise program, please consult with your doctor / healthcare professional.

If entering an event that requires walking on mixed terrain and gradient levels, it is extremely important to introduce these varying factors into your training to help the body adapt, and help become stronger in the legs.

Always START your walk with a $3-5 \mathrm{~min}$ easy warm-up pace and FINISH your walk with the recommended stretches (below).

| QOALG WALKUPT |  |  |  | How long should it take to walk 5 km ? Approx 40-60min, depending on pace |  |  |  |
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|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Week 1 | Walk for 15 min | Rest | Walk for 15 min | Rest | Walk for 15 min | Optional: Easy walk 5-10min | Rest |
| Week 2 | Walk for 20 min | Rest | Walk for 20min | Rest | Walk for 20 min | Optional: Easy walk 5-10min | Rest |
| Week 3 | Walk for 25 min | Rest | Walk for 25 min at a faster pace | Rest | Walk for 25 min | Optional: Easy walk 5-10min | Rest |
| Week 4 | Walk for 30min | Rest | Walk for 30min at a faster pace | Rest | Walk for 30min | Optional: Easy walk 5-10min | Rest |
| Week 5 | Walk for 35min | Rest | Walk for 35 min at a faster pace | Rest | Walk for 35 min | Optional: Easy walk 5-10min | Rest |
| Week 6 | Walk for 40min | Rest | Walk for 40 min at a faster pace | Rest | Walk for 40min | Optional: Easy walk 5-10min | Rest |
| Week 7 | Walk for 45 min | Rest | Walk for 45 min at a faster pace | Rest | Walk for 45min | Optional: Easy walk 5-10min | Rest |
| Week 8 | Walk for 50min | Rest | Walk for 50min at a faster pace | Rest | Walk for 50min | Optional: Easy walk 5-10min | Rest |


| QOAL WALKUR TOTONM A |  |  |  | How long should it take to walk 10 km ? Approx 2-3hrs, depending on pace. |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Week 1 | Walk for 20 min | Rest | Walk for 20min Interval Training | Rest | Walk for 20 min | Optional: Easy walk 15min | Rest |
| Week 2 | Walk for 30min | Rest | Walk for 30min Interval Training | Rest | Walk for 30min | Optional: Easy walk 15min | Rest |
| Week 3 | Walk for 40min | Rest | Walk for 40min Interval Training | Rest | Walk for 40min | Optional: Easy walk 15min | Rest |
| Week 4 | Walk for 50 min | Rest | Walk for 50min Interval Training | Rest | Walk for 50min | Optional: Easy walk 15min | Rest |
| Week 5 | Walk for 60min | Rest | Walk for 60min Interval Training | Rest | Walk for 60min | Optional: Easy walk 15min | Rest |
| Week 6 | Walk for 70 min | Rest | Walk for 70min Interval Training | Rest | Walk for 70 min | Optional: Easy walk 15min | Rest |
| Week 7 | Walk for 80 min | Rest | Walk for 80min Interval Training | Rest | Walk for 80min | Optional: Easy walk 15min | Rest |
| Week 8 | Walk for 90 min | Rest | Walk for 90min Interval Training | Rest | Walk for 90 min | Optional: Easy walk 15min | Rest |

Optional: At least once a week walk briskly with interval training where it will be difficult to hold a conversation at various times during the walk.
For example: Try walking 5 min briskly, then walk 5 min with increased heart rate (this can be achieved either walking faster, going up a small hill or on
sand/ rough terrain), recover $3-5 \mathrm{~min}$ and repeat.

| QOALP WALKA Mone |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Week 1 | Walk for 40min | Rest | Walk for 40min Interval Training With gradient changes | Rest | Walk for 40min | Optional: Easy walk 15-20min or strength program | Rest |
| Week 2 | Walk for 50min | Rest | Walk for 50min Interval Training With gradient changes | Rest | Walk for 50min | Optional: Easy walk 15-20min or strength program | Rest |
| Week 3 | Walk for 60min | Rest | Walk for 60min ONLY Interval Training With gradient changes | Rest | Walk for 60min | Optional: Easy walk 15-20min or strength program | Rest |
| Week 4 | Walk for 70min | Rest | Walk for 60min ONLY Interval Training With gradient changes | Rest | Walk for 70 min | Optional: Easy walk 15-20min or strength program | Rest |
| Week 5 | Walk for 80min | Rest | Walk for 60min ONLY Interval Training With gradient changes | Rest | Walk for 80min | Optional: Easy walk 15-20min or strength program | Rest |
| Week 6 | Walk for 90min | Rest | Walk for 60min ONLY Interval Training With gradient changes | Rest | Walk for 90min | Optional: Easy walk 15-20min or strength program | Rest |
| Week 7 | Walk for 100min | Rest | Walk for 60min ONLY Interval Training With gradient changes | Rest | Walk for 100min | Optional: Easy walk 15-20min or strength program | Rest |
| Week 8 | Walk for 120min | Rest | Walk for 60min ONLY Interval Training With gradient changes | Rest | Walk for 120min | Optional: Easy walk 15-20min or strength program | Rest |

Optional: Include a strength training program and at least once a week walk briskly with interval training where it will be difficult to hold a conversation at various times during the walk. For example: Try walking 5 min briskly, then walk 5 min with increased heart rate (this can be achieved either walking faster, going up a small hill or on sand/ rough terrain), recover 3-5min and repeat.

## STRENGTH PROGRAM

Recommended if wanting to walk more than 10km. Perform the following exercises at least twice a week

2 sets x 12-15 repetitions


Standing Calf Raise


Lunge


Superman

## STRETCHING EXERCISES

Perform after every walk and strength program.
Hold 30sec each side, repeat twice if feeling tight


Hamstring


Lower back / Gluteus


Hip Flexor


Quad


Calf

