

MOUNTAIN & MOUTH

GEELONG'S 80KM EXTREME ARTS WALK

8 WEEK WALKING PROGRAM

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 10km+) 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 3-5min easy warm-up pace and FINISH your walk with the recommended stretches (below).

GOAL: WALK UP TO 5KM

How long should it take to walk 5km?
Approx 40-60min, depending on pace

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Walk for 15min	Rest	Walk for 15min	Rest	Walk for 15min	Optional: Easy walk 5-10min	Rest
Week 2	Walk for 20min	Rest	Walk for 20min	Rest	Walk for 20min	Optional: Easy walk 5-10min	Rest
Week 3	Walk for 25min	Rest	Walk for 25min at a faster pace	Rest	Walk for 25min	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 35min at a faster pace	Rest	Walk for 35min	Optional: Easy walk 5-10min	Rest
Week 6	Walk for 40min	Rest	Walk for 40min at a faster pace	Rest	Walk for 40min	Optional: Easy walk 5-10min	Rest
Week 7	Walk for 45min	Rest	Walk for 45min 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



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GOAL: WALK UP TO 10KM

How long should it take to walk 10km?
Approx 2-3hrs, depending on pace.

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Walk for 20min	Rest	Walk for 20min Interval Training	Rest	Walk for 20min	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 50min	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 70min	Rest	Walk for 70min Interval Training	Rest	Walk for 70min	Optional: Easy walk 15min	Rest
Week 7	Walk for 80min	Rest	Walk for 80min Interval Training	Rest	Walk for 80min	Optional: Easy walk 15min	Rest
Week 8	Walk for 90min	Rest	Walk for 90min Interval Training	Rest	Walk for 90min	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 5min 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.

GOAL: WALK MORE THAN 10KM+

How long should it take to walk 20km?
Approx 3-4hrs, depending on pace.

	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 70min	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 5min briskly, then walk 5min 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

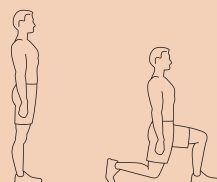
2 sets x 12-15 repetitions



Standing Calf Raise



Lunge

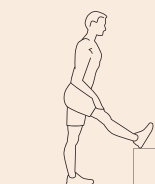


Superman

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

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