

8 WEEK TRAINING SCHEDULE:

	WK1	Wk2	WK3	WK4	WK5	WK6	WK7	WK8	RACE DAY
SESSION 1	5km	8km	10km	12km	16km	14km	19km	14km	
SESSION 2	5km	5km	8km	10km	10km	10km	10km	10km	
SESSION 3	Session to include at least 30min aerobic exercise ie. bootcamp, spinning session, swimming pool session, gym session outdoor cycle or run.								

- **Make sure you stretch particularly the hip flexors and calves after every walk.**
- **Distances should follow in order. The point is to build up the mileage and then taper it back down in time for race day – you never actually complete the full distance in training.**
- **Avoid training walks on consecutive days.**
- **Keep a good brisk pace. To improve your overall fitness, play around with your walking pace by (for example) speeding up for 1km followed by a slower relaxed pace for the next 0.5km and then fast again for the next 1km etc.**
- **Try to take the longest walk of the week on the same day of the week that the race will be taking place.**
- **Make sure you train in the trainers or walking shoes you'll be competing in. You'll want to wear them in before race day to avoid blisters.**
- **Make sure you've walked a long distance in the outfit you plan to wear on race day too.**