



## **‘10 km in 10 weeks’, 2010**

### **Your Very Own Introduction to Wonder-Walking**

***Become a WONDER WALKER and take up the CHALLENGE of walking your way to improved fitness and health. This is your very own 10km in 10-weeks in 2010 Walking Programme designed for you exclusively by Wonder-Walker’s health and fitness expert, Wendy Sweet. So come on, dust-off those shoes and GET WALKING towards improved fitness, weight management and health in 2010!***

Walking is one of the most primal movement patterns known to humans, but more importantly, walking is your pathway to improved health and energy. Regular walking at the right pace not only assists in the burning of calories, but will also improve your circulation giving you greater energy for all those activities you have to fit into your day.

So get inspired. Grab a walking buddy and follow the **progressive 10 week beginner’s walking programme. 10 weeks is enough time for you to train for an event such as a 10 km walk.** Check out any walking events that are coming up in your area. The following programme is designed to get beginner walkers to the distance of a 10km walk. This distance can usually be covered in 60-90 mins for beginner walkers, dependent on your fitness, the terrain and naturally, your motivation! But the programme is also intended for those of you who don’t want to participate in an event. Just follow the programme and feel your fitness improve, week by week.

The **Wonder Walker’s ‘10 kms in 10 weeks’ Challenge** is designed for first-timers but for those of you with an existing level of fitness, there’s also enough variety and intensity to help you stay focused. The goal of the programme is to increase your tolerance to **walking 10km over 10 weeks.** There is no focus on time or speed! Remember that the concept of *‘training’* is that you are *gradually over-loading* your heart, lungs and legs over a set period of time in order that your fitness improves. Each week you will be adding extra distance (duration) to your longer walk. An increase of around 10% can be generally tolerated by most beginner walkers each week. Days of training are also matched by some rest days to allow recovery time and physical adaptation.

I have written up **two ‘paces’** for this introductory walking programme – **easy (E) and moderate (M).** For those Wonder Walkers whom are still a little unfit, choose terrain which is fairly flat. Once you feel comfortable on a flat terrain, move to a more undulating terrain. Hills will make you work harder and these are added in at the 3-4 week mark.

#### **Your First 10km Walking Event or Race:**

For those of you who want to use the programme to train for an event such as your first 10km walking race, then as much as possible you need to *‘replicate’* the conditions that you will experience on the day. This includes knowing as much as you can about the type of terrain you will face, your water intake and timing, your food intake and timing and of course, your shoes and clothing. What you ‘can’t’ pre-determine however, is the weather! Which means that when it is raining and blowing a gale outside, don’t be afraid to get out there and challenge yourself to still train! You will need to have sturdy walking shoes, (preferably worn-in, but not worn-out) and loose clothing. Whatever your size, try to purchase some lycra shorts or tights for walking the longer distances so that your skin doesn’t get chafed. Oh, and for the girls, don’t forget a supportive bra!



For those of you competing, I've even added in what is known as a 'taper' week. This involves cutting back on your distance in the last week before your event, which enables you to conserve vital energy in readiness for 'race-day'. If you have underlying medical conditions, then ensure that you show the programme to your medical practitioner to get their approval for your participation.

Mark out some fun 2, 4, 6, 8 and 10km routes around your area before commencing your programme. This will enable you to 'plan ahead' and know exactly what you have to achieve in terms of the distance you have to cover. Take an extra rest-day if you need to in the early weeks. Remember too, that swimming or aqua-jogging is great non-impact exercise to add into your 'rest' days – 20 minutes would be all it takes in the pool to aid and hasten your recovery from week to week.

### The '10km in 10 weeks' Challenge

#### Wonder Walking Week by Week

**(M) = Moderate Pace.** You should be breathing heavier than normal, but still able to hold a conversation.

**(E) = Easy Pace.** No stopping, but just enjoy the walk at a comfortable pace. Easy pace is also used to recover after a harder session the day before.

*A few minutes spent stretching after your training as well as on your 'rest' days will assist your muscle recovery. Stretches should include the following muscle groups – hamstrings, quadriceps, calves and upper back/shoulders.*

#### **WEEK 1:**

##### **Goal: Getting started!**

To introduce you to at least **three-four walks** for your first week. If you are still struggling to find time, then try for three walks rather than four! Over the next two weeks you will build your distance gradually.

Day 1: **Walk 2 km (E)**

Day 2: **Walk 2.5 km (M)**

Day 3: **Rest/ Stretch**

Day 4: **Walk Day**

Day 5: **Rest/Stretch**

Day 6: **Walk 5 km (E)**

Day 7: **Rest/Stretch**

#### **WEEK 2:**

##### **Goal: Staying committed!**

Any change to daily habits requires a bit of old-fashioned discipline. You may be more tired this week, so the goal is for you to **do exactly the same programme as last week**. If you only managed 3 sessions last week, then go for 4 sessions this week. Focus on your **walking technique**. Stay tall. Swing your arms rhythmically and roll your foot through from heel to toe. Tighten your abdominals and your gluteal (butt) muscles as well. Breathe deeply. If your base fitness is very low, then take one extra rest day if you require this week!



### **WEEK 3:**

#### **Goal: To keep building your stamina.**

Adding in some small hills to your terrain this week increases strength to your legs and arms. The harder effort of getting up those hills will also push your cardio-vascular fitness up another notch. Substitute one session for a swim if you are feeling like extra 'recovery'.

Day 1: **Walk 4 km** (M)  
Day 2: **Walk 3 km** (M)  
Day 3: **Rest/Stretch**  
Day 4: **Walk 3 km** (E\*\*)  
Day 5: **Walk 2 km** (M)  
Day 6: **Walk 6 km** (E, Hilly)  
Day 7: **Rest/Stretch**

\*\* Add mixed terrain here – flat to start with then add some gentle hills.

### **WEEK 4:**

#### **Goal: To add in one longer walk to 'over-load' your body even more.**

This week is a tough one, but hang-in there as next week, we will add some extra rest. The effort you put in this week, will challenge your cardiovascular system to work even harder. This is the way to improved fitness.

Day 1: **Walk 4 km** (M)  
Day 2: **Walk 5 km** (M)  
Day 3: **Rest/Stretch**  
Day 4: **Walk 6 km** (E)  
Day 5: **Walk 4 km** (M)  
Day 6: **Rest/Stretch**  
Day 7: **Walk 8 km** (E)

### **WEEK 5:**

#### **Goal: Well done. You've reached the half-way mark and it's a well deserved recovery week!**

This week we have extra rest days and/or cross training such as swimming or cycling. The focus is to allow your body to adjust and recover from the extra demands being placed on it. It's also a time for you to review your progress as well as your nutrition. For the next 5 weeks of training, you should increase your fluid intake as well as ensure that you have good quality food 1-2 hrs before your longer walks.

Day 1: **Rest (or easy swim)**  
Day 2: **Walk 5 km** (M)  
Day 3: **Rest/Stretch**  
Day 4: **Walk 4 km** (E)  
Day 5: **Walk 5 km** (M)  
Day 6: **Rest/Stretch**  
Day 7: **Swim or Cycle, 20-30 mins** (E)



### **WEEK 6:**

**Goal: Feeling recovered? Great – then you are ready to start adding in some extra distance as you build up to the 10km.**

Day 1: **Walk 5 km** (M)  
Day 2: **Rest/Stretch**  
Day 3: **Walk 4 km** (M)  
Day 4: **Walk 5 km** (E)\*  
Day 5: **Rest/Stretch**  
Day 6: **Walk 8 km** (E-M)  
Day 7: **Rest/Stretch**

\* If you are entering an event then try to complete this session over the course if you can.

### **WEEK 7:**

**Goal: To keep building your speed and stamina, i.e. covering longer distances in a shorter time.**

Day 1: **Walk 5 km** (E)  
Day 2: **Walk 3 km** (M)  
Day 3: **Rest/Stretch**  
Day 4: **Walk 8 km** (M)\*  
Day 5: **Walk 2 km** (E)  
Day 6: **Walk 5 km** (M)  
Day 7: **Rest/Stretch**

\* Complete this session at the pace you want to do on the day of the event; use the course if you can, so that psychologically you know that you can get through the event on the day.

### **WEEK 8:**

**Goal: to keep building your distance covered over the next week so that you are able to comfortably achieve 10 km by Week 10.** For those of you doing an event, try to focus on going faster in readiness for event-day. As well, we maintain some hill-walking to consolidate the strength you have been gaining. The longer sessions are designed as a crucial 'psychological boost' for those of you competing in a 10km event, so that you know that you can do it!

Day 1: **Walk 8 km** (E/M)  
Day 2: **Walk 3 km** (M)  
Day 3: **Rest/Swim/Stretch**  
Day 4: **Walk 10 km** (E)  
Day 5: **Rest/Stretch**  
Day 6: **Walk 6 km** (E/M)  
Day 7: **Rest/Stretch**



The last two weeks have seen you achieving a big jump in the total distance walked. Ensure that you have the time to do the longer distances at your own pace. For slower walkers, carry extra water/ glucose drink or some fruit for added energy when you do the 10km distance.

#### **WEEK 9:**

**Goal: this week is the same as the previous week, but add two more kms on to your long walk or walk/jog. This is known as 'over-distance' training and allows you to know you CAN complete the distance a good week out from the event.** This is also a time for you to keep practicing the timing of your food and fluid intake as you complete the long walks.

Day 1: **Walk 8 km** (E)  
Day 2: **Walk 3 km** (M)  
Day 3: **Rest/Swim/Stretch**  
Day 4: **Walk 12 km** (E/M)  
Day 5: **Rest/Stretch**  
Day 6: **Walk 5 km** (E/M)  
Day 7: **Rest**

#### **WEEK 10:**

**Goal: 10 km in 10 weeks – You've done it!** This week is geared up to get those of you competing, to do what is known as a 'TAPER'. **This enables you to go into your event feeling fresh and ready to go!** The idea is to keep your pace up but to cut back on your distances. This way you will be 'fresh' for the day of the event.

Day 1: **Walk 8 km** (E)  
Day 2: **Walk 5 km** (E)  
Day 3: **Rest/Stretch**  
Day 4: **Walk 5 km** (E)  
Day 5: **Rest/Stretch**  
Day 6: **Walk 4 km** (E)  
Day 7: **10 KM EVENT**



## **For those Wonder-Walkers entering their first event, here are some tips for your pre-event planning!**

### **Night before the Event:**

- Pack everything you need, especially your event number and race details.
- Drink 2-3 glasses of extra water during the afternoon. Green tea is renowned for having anti-oxidant effects as well. Eat healthy, nourishing foods the evening before. Keep snacking until you go to bed on low-fat snacks so that your muscles cells load up with energy.
- Discuss where you are going to meet your friends if you are meeting people at the event and want to walk with them.
- Try to get a good night's sleep.

### **Day of Event:**

- Eat a normal breakfast. Not too many high fibre foods so you don't have to find a toilet en route!
- Have an extra glass of water and remember to take a water bottle and extra fluid which should be some carbohydrate replacement drink that you have used in your training.
- Remember that if it is a cold day, you are better to wear layers and take them off. Poly-propylene gloves and a long sleeve polyprop shirt are great for winter events.

***This programme is intended as a GUIDE only. The theme of the programme is FUN & FULFILMENT – 10km in 10 weeks in 2010! Enjoy your achievements each week, whatever your fitness level and whatever you can manage! Well done for becoming a WONDER WALKER!***

If you have specific questions on any aspect of the '10km in 10 weeks' programme, send your query to Wendy via the Wonder-Walkers web-site ([www.wonderwalkers.co.nz](http://www.wonderwalkers.co.nz)).

