

Wonder Walking Week by Week

(F) = Fast Pace. Almost like a power walk, but not breaking into a jog. You should be breathing heavier than normal.

(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 2km (E)	Walk 3.5km (M)	Walk 4km (M)
Day 2: Walk 2.5km (M)	Walk 3km (F)	Walk/Jog 3.5km (M)
Day 3: Rest/ Stretch	Rest/Stretch	Rest/Stretch
Day 4: Walk 3km (M)	Walk 5km (M)	Walk 5km (F)
Day 5: Rest/Stretch	Walk 3.5km (M)	Jog or fast-walk 3km (F)
Day 6: Walk 5km (E)	Walk 3km (F)	Walk 7km (M)
Day 7: Rest/Stretch	Rest/Stretch	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. To change the pace each time, so that you get adequate recovery time between sessions. Beginner walkers may take one extra rest day if they require this week!

WEEK 3:

Goal: To keep building your stamina.

By adding in some hills to your terrain this week, you will also add some strength to your legs and arms and 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 4km (M)	Walk 4km (F)	Walk/Jog 6km (M/F) **
Day 2: Walk 3km (M)	Walk 3.5km (M**)	Walk 5km (M)
Day 3: Rest/Stretch	Rest/Stretch	Rest/Stretch
Day 4: Walk 3km (E**)	Walk 3km (F)	Walk/Jog 6km (F)
Day 5: Walk 2km (F)	Walk 4km (E, Hilly)	Jog 3km (E, Hilly)
Day 6: Walk 6km (E, Hilly)	Walk 6km (M)	Walk 10km (E)

Day 7: Rest/Stretch Rest/Stretch 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/F)	Walk 5 km (M)	Walk/Jog 5 km (F)
Day 2: Walk 5 km (M)	Walk 6 km (E, hilly)	Walk/ Jog 8 km (E)
Day 3: Rest/Stretch	Rest/Stretch	Rest/Stretch
Day 4: Walk 6 km (E)	Walk 4 km (F)	Race-Pace Walk 7 km
Day 5: Walk 4 km (F)	Walk 6 km (E/F Hilly)	Walk 5 km (E)
Day 6: Rest/Stretch	Walk 12 km (M)	Rest/Stretch
Day 7: 8 km (E)	Rest	Walk 15 km (M)

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)	Walk 5 km (M)	Walk/Jog 5 km (M/F)
Day 2: Walk 5 km (M)	Walk 6 km (E, hilly)	Walk/Jog 8 km (E)
Day 3: Rest/Stretch	Rest/Stretch	Rest/Stretch
Day 4: Walk 4 km (E)	Rest/Stretch	Race-Pace Walk 7 km
Day 5: Walk 5 km (F)	Walk 6 km (E,F Hilly)	Walk 5 km (E)
Day 6: RestStretch	Walk 8 km (M)	Rest/Stretch
Day 7: Swim or Cycle 20-30 mins (E)	Swim or Cycle 20-30 mins (E)	Swim or Cycle 20-30 mins (E)

WEEK 6:

Goal: Feeling recovered? Great – then you are ready to start adding in some more specific training such as some faster-paced walking. For those 'green' and 'blue' walkers, it's now time to walk in areas that are better suited to the specific terrain you will encounter on 'race-day'.

Day 1: Walk 5km (M-F)	Walk 8 km (M)	Walk/Jog 7km (M)
Day 2: Rest/Stretch	Walk 5 km (E, hilly)	Walk 12 km (M)
Day 3: Walk 4 km (M)	Rest/Stretch	Rest/Stretch
Day 4: Walk 5 km (E)*	Walk 3 km (F)	Walk 5 km (F)*
Day 5: Rest/Stretch	Walk 5 km (E/M)*	Walk/Jog 10 km (M)
Day 6: Walk 8 km (E-M)	Rest/Stretch	Rest/Stretch
Day 7: Rest/Stretch	Walk 10 km (M)	Walk 17 km (E)

* 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)	Rest/ Stretch	Slow Jog 6 km (E)
Day 2: Walk 3 km (F)	Walk 14 km (E, hilly)	Walk/Jog 10 km (M*)
Day 3: Rest/ Stretch	Rest/ Stretch	Rest/ Stretch
Day 4: Walk 8 km (E)	Walk 4 km (F)	Rest/ Stretch
Day 5: Walk 2 km (F)	Walk 8 km (M * on course)	Walk 15 km (E/M)
Day 6: Walk 5 km (M)	Rest/Stretch	Walk 5 km (E, hilly)
Day 7: Rest/Stretch	Walk 10 km (E)	Swim/Cycle

* 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 hitting the 10 or 20 km mark depending on the level you are working at.

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' so that you know that you can complete the event two weeks out from it!

Day 1: Walk 8 km (E/M)	Swim/Cycle (E)	Slow Jog 5km (E)
Day 2: Walk 3 km (F)	Walk 16 km (E, hilly)	Walk 12 km (M*)
Day 3: Rest/Swim/Stretch	Rest/ Swim/Stretch	Rest/Stretch
Day 4: Walk 10 km (E)	Walk 3 km (F)	Rest/ Swim/ Stretch
Day 5: Rest/Stretch	Walk 20 km (M * on course)	Walk/Jog 20 km (E/M*)
Day 6: Walk 6km (E/M)	Rest/Stretch	Walk 5 km (E, hilly)
Day 7: Rest/Stretch	Walk 8 km (E)	Rest/Stretch

This is a big jump in distance this week so ensure that you have the time to do the longer distance at your own pace. You will need to carry extra water/ glucose drink and have some nutrition bars/ fruit on you when you do the longer 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 so that you 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)	Rest/Stretch	Slow Jog 5 km (E)
Day 2: Walk 3 km (F)	Walk 16 km (E, hilly)	Walk/Jog 12 km (M/F*)
Day 3: Rest/Swim/Stretch	Rest/ Swim/Stretch	Rest/Stretch
Day 4: Walk 12 km (E/M)	Walk 3 km (F)	Rest/ Swim/ Stretch
Day 5: Rest/Stretch	Walk 22 km (M * on course)	Walk/Jog 22 km (E/M)
Day 6: Walk 5 km (E/M)	Rest/Stretch	Walk 5 km (E, hilly)
Day 7: Rest	Walk 10 km (E)	Rest or Swim

WEEK 10:

Goal: To TAPER you so that you go into your event feeling fresh and ready to go! This week for those of you 'green' and 'blue' walkers who are competing in your first walking event, 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. This week is called a 'taper' week.

Day 1: Rest/Stretch	Walk 3 km (M)	Rest/Stretch
Day 2: Walk 8 km (E)	Rest/Stretch	Walk/ Jog 2-3 km (M)
Day 3: Rest/Stretch	Rest/Stretch	Rest/Stretch
Day 4: Walk 8 km (E)	Walk 8 km (E)	Walk/Jog 8 km (M)
Day 5: Walk 5 km (M)	Walk 5 km (M)	Walk/Jog 2-4 km (M)
Day 6: Walk 12 km (E)	Walk 1 km (F)	Walk/Jog 1-2 km (F)
Day 7: REST	EVENT	EVENT

For the 'green' and 'blue' Wonder-Walkers, if you have never entered an event before, 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. 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 for Wendy, you can visit Ask an Expert and send her a question.