



Midnight Walk Training 2009



www.wsb-midnightwalk.co.uk

Every single person will be at a different stage of training. Some will be able to walk the distance with very little training, some may be new to exercise and need more training. For most you will get more enjoyment out of the walk on the night itself if you can put a little bit of training in before hand!

Below is a suggested training schedule for the 6 weeks running up to the walk. This is only a guideline. You may find you are able to progress faster, you may find you need to take things more slowly. It is important you listen to your body throughout your training and get the programme personalised by a qualified fitness professional.

If you are not used to doing exercise it wouldn't hurt just to book in to see your GP for a quick check up to ensure you are ready to begin your walk training.

Each week you should aim to do a longer walk, a shorter walk and an alternative activity. The longer walk will help you gradually increase your distance and get you up to the 10 miles in time for the walk. The shorter walk you should aim to walk at a faster pace than your longer walk to improve your fitness and stamina, and the alternative activity should be something to still work on your fitness but is different to walking (cross training, to help prevent injuries), that will also add variety to your training, making it more enjoyable!

Week 1 – w/e Sunday 17th May

Short Walk	20-30min
Longer Walk	30-45min or 2-3miles
Alternative activity suggestion	Swimming

Week 2 – w/e Sunday 24th May

Short Walk	20-30 min
Longer Walk	45min – 1h or 3-4 miles
Alternative activity suggestion	Samba/Zumba Class

Week 3 – w/e Sunday 31st May

Short Walk	20-30 min
Longer Walk	1-1.5hrs or 5-6 miles
Alternative activity suggestion	Indoor cycling class

Week 4 – w/e Sunday 7th June

Shorter Walk	30-40min
Longer Walk	1.5-2hrs or 6-7 miles
Alternative Activity Suggestion	Ab Attack/Sweat and Sculpt class

Week 5 – w/e Sunday 14th June

Shorter Walk	30-40min
Longer Walk	2-2.5hrs or 8-9 miles
Alternative Activity Suggestion	Yoga

Week 6 – w/e Sunday 21st June

Shorter Walk	30-40min (to be done no later than wed 17 th)
Longer Walk	The Midnight Walk – Friday 19th!!!
Alternative activity	Sauna & Jacuzzi (heatwaves health suite) post event!

Remember.....

.....throughout May and up until June 19th get £1 discount off 'dry' fitness classes at Woking Leisure Centre when wearing your Midnight Walk T-Shirt! Collect your fitness class timetable from the leisure centre or pool in the park foyer!

Tips

- Remember try to spread your activities out over the week to ensure you get adequate recovery time between exercise sessions.
- To maximise the likelihood of you sticking to your training regime, at the start of each week write in your diary which days you are going to do which sessions. This increases the likelihood of you sticking to it!!
- Find yourself a training buddy! You are twice as likely to stick to an exercise programme if you are training with a friend!!
- Remember to take a bottle of water with you when you are exercising!!!

Next Week.....

Post activity stretching. Ensure you keep your muscle supple to reduce post exercise soreness and minimise risk of injuries!