



# Midnight Walk Training 2009



www.wsb-midnightwalk.co.uk

## Fact Sheet 5

### Important Information for the Big Night!!

We are now less than 2 weeks away from the Big Night on the 19<sup>th</sup> June! If you have never done the event before you may be a bit apprehensive about what to expect and even more so if you have never done the distance before (although hopefully you will be getting nearer the distance thanks to your training plan!)

So here are a few pointers and need to know information to get you as prepared as possible for the walk! You will be sent instructions for the night by the end of this week by the event organisers and any questions regarding this please contact the event organisers. If you have any fitness, nutrition, preparation or recovery questions please contact [jackie.waite@woking.gov.uk](mailto:jackie.waite@woking.gov.uk).

#### Fitness advice for the night.

**1. Foot wear.** As I have mentioned before make sure you DO NOT wear new shoes on the night! Make sure you wear shoes; whether trainers or comfortable walking shoes that you have tried and tested over distance prior to the event. You do not want your walk ruined by blisters! Be careful with socks also as new socks can also give you blisters so again ensure you try these out before hand as well.

**2. Sleep.** This is a tricky one! If you feel you need a nap try and take one late afternoon or early evening. If you are working during the day and will not have much time, some studies have shown that 30 minutes is optimal to refresh your body in a short period of time.

**3. Nutrition Before.** Ideally you need to be having a snack at around 10.30pm prior to leaving home for the walk. Certainly eat no later than 11pm. Working backwards from this time it would therefore be a good idea to have your main evening meal at around 7/7.30pm.

**4. Nutrition During.** You are going to be walking probably anywhere from between 2 ½ to 4 ½ hours, making this an endurance event. You are therefore going to need some nutrition whilst you are walking, especially as you are likely to be tired (although you may not feel it so much due to adrenalin on the night) due to the time of the event! Water and refreshments are supplied at the half way point. Last year this was a cereal bar and piece of fruit, if memory serves me but it is definitely a good idea to maybe take a couple of easy to eat snacks with you in case you feel you need something extra along the way. Ideas for this might be again fruit or cereal bars, small packet of nuts, packet of dried fruit, amongst the healthier options!

**5. Water/hydration.** Definitely bring a bottle of water with you! Water is available at the half way point and at the end, but you will need water before this. You may want to bring a sports drink as an alternative to a snack if you are used to drinking them. I wouldn't recommend you try anything new on the night as you don't know how it might affect your system. As an alternative to a sports drink I prefer a mixture of half orange juice (fresh), half water as this will provide the sugar energy you need, is more refreshing than water but not as sweet as a sports drink. Water however is always best!

**6. Carry Bag.** If you are going to take a bag, and its definitely worth while so you can peel off any extra layers you might be wearing and carry them and also to store your valuables, water and any snacks, ensure it is either a bag that is worn around the waist ( a 'bum' bag), or a rucksack of sorts. A ruck sack is ideal and should be worn over both shoulders. This will protect your posture and make walking more comfortable for you. Again make sure you try it out on a walk prior to the event. You may not necessarily need to take one each but maybe one between a group of friends and take turns in sharing the load!

**7. Other Clothing.** Being that we will be at the mercy of the unpredictable British weather we need to be prepared for different weather conditions! I would suggest you wear layers maybe one underneath your walk t-shirt, one over and a water proof. This way if you get hot you can peel off, cold, add more on and you have a water proof layer if it rains! You are better off being too warm and able to peel off than too cold!

**Other info for the night:**

- **Toilets.** These will be at the start, at the midway point and at the finish. You will pass a few pubs on the way that you may be able to slip into also!
- **Parking.** The best place to park is the station car park which can fit 300 cars. There is also parking available in surrounding streets and in Waitrose. Share cars where possible or get a lift from a willing supporter!!
- **Check In.** This is between 10 and 11.30pm at the Cornerstone Centre, West Byfleet. I would recommend you take a small amount of money with you in case you want to purchase last minute refreshments nearby or some flashing bunny ears, which are great fun!
- **Marshal's.** The event is really well marshalled so very unlikely you will get lost, especially with the trail of flashing pink bunny ears! There will always be a marshal at the back of the walk with the walkers bringing up the rear, so there is no chance of you getting left behind!
- **Finish.** You will finish at the start and collect your medal and goody bag from where you checked in! There are some refreshments too!

Enjoy!!!!!!!!!!!!!!!!!!!!!!

**Remember.....**

.....until June 19<sup>th</sup> 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!

**Next Week.....**

Recovery! Once you have completed the walk, the best things you can do to minimise aches and pains post event and ease sore muscles and joints!