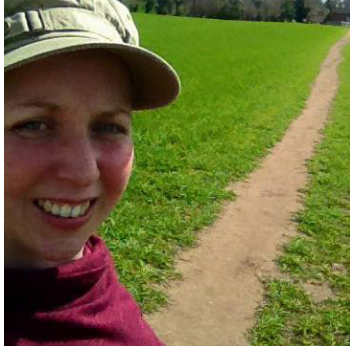


TRAINING GUIDE

Tips to help you prepare for your walk

breast cancer care

Thank you
Getting prepared
Where will you be walking
Strength and flexibility
5, 10 and 20 mile training plans
Walk Your Way training plans
Training top tips

THANK YOU

Congratulations and thank you for signing up to Walk Your Way. You've taken the first steps to doing something amazing and should be feeling very proud.

This guide is packed full of tips and training plans to make sure you're fully prepared for your challenge. So on the day of your walk you can focus on having fun, taking in the scenery, and knowing you're making a huge difference to the lives of people affected by breast cancer.

The training plan was really helpful in preparing us for our 20 mile walk. It's a great way to keep track of when to gradually increase distance and the different types of exercise we can do to warm up and down.

Lucy, 2016 Pink Ribbonwalk participant

GETTING PREPARED

We all walk every day so what can be so hard about a few extra miles? The answer is a lot! Whether you walk long distances regularly or not, we really recommend you do some training to prepare your body for the challenge ahead and to make sure you enjoy the day. Here are some key points to consider before you get started with your training.

Start slowly

It's important to start slow and increase the distance gradually over time to allow your muscles and joints to adjust to the increased activity that you're undertaking. If you're an absolute beginner who normally does little to no exercise, you need to start by getting into the habit of walking regularly and we'd recommend you follow our beginner walking schedule before starting the training plans in this guide.

Your shoes

The right shoes can make all the difference so we recommend you get yourself kitted out before you start training. You'll then be able to break your shoes in during your training, reducing the prospect of blisters and unnecessary aches and pains on the day.

For countryside walks get yourself some sturdy, waterproof walking boots. These will ensure your feet and ankles are supported on any terrain that you encounter.

For urban walks we find trainers are the most comfortable for city walking and provide good padding for pounding the pavements.

WHERE WILL YOU BE WALKING

It's important to think about the terrain of the walk you're taking on, and making sure you factor this into your training so there are no surprises on the day.

In the countryside, as well as roads, you may encounter fields, grassy meadows, uneven farmland, undulating forest trails, dirt tracks, footpaths and riverside walks. Your training walks should take you into areas where you can practice walking on this kind of terrain, as well as taking in a few hills, to get you ready for the day.

In urban areas, you'll mainly be walking on tarmac which can have an impact on your body. Make sure your longer training walks are on tarmac and hard surfaces to prepare you for the day.

QUICK TIP

Remember it can get muddy in the countryside so be prepared with clothes and shoes you don't mind getting dirty!

STRENGTH AND FLEXIBILITY

It's a good idea to get into the practice of stretching before and after exercise. This will help prepare your muscles before exercise, assist their recovery after exercise and help improve your flexibility.
Here are some stretches you might like to use.

Where to start

Start by walking for five minutes at an easy pace to warm up. Then stretch, holding each one for 30 seconds. Repeat the stretches after your walk, this time holding each one for a minute.

Cross training

It's also important to vary your training where possible to improve your overall fitness. Swimming, cycling or working out at the gym are great for this, while activities such as pilates or yoga are great for strengthening your core muscles.

Quadriceps stretch – Stand on one leg and pull the other foot up behind your bottom, keeping your knees together. Hold on to a wall or chair for support if you need to. If you want to increase the stretch, push your hips forward. Repeat with the other leg.

Inner thigh stretch – Stand with your feet a bit further than hip width apart. Transfer your weight over to your left, bending that knee and keeping your opposite leg straight. Repeat with the right leg.

Calf stretch – Stand facing a wall with your feet shoulder width apart. Place your hands on the wall with your arms straight for support. Step one leg forward and bend the knee. Keep your back leg straight and push the heel into the ground. Keep your back straight and push your hips forward. Repeat with the other leg.

Hip and lower back stretch – Sit on the ground with your right leg over the left. Hug your right leg to your chest using your left arm and twist the trunk of your body to look over your right shoulder. Repeat with the other leg.

TRAINING PLANS

These plans are designed for people who've not done much structured training before. We recognise that everybody's lifestyle is different, so they're designed to be flexible and allow you to fit the training around your daily life.

If you're an absolute beginner who normally does little to no exercise, we recommend you follow our beginner walking schedule before moving on to the training plans on the next pages.

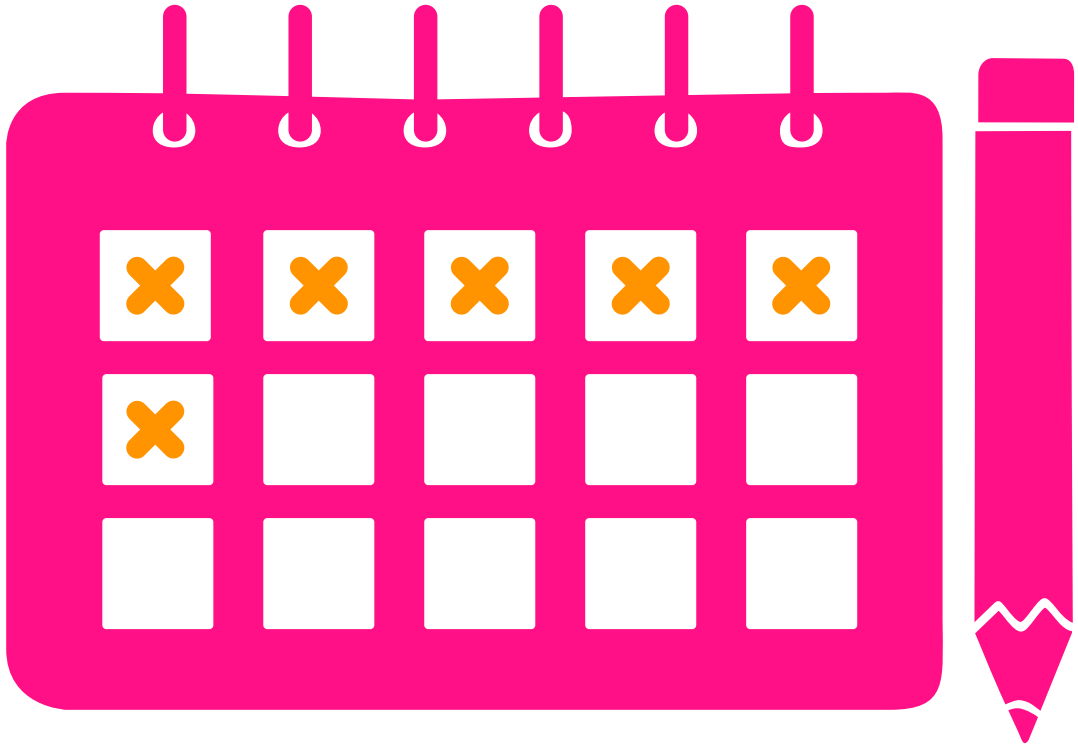
Absolute beginner walking schedule
Complete this before starting the following training plans.

Week 1
Start by walking 15 minutes at an easy pace three times a week. Make sure you include rest days.

Week 2
Increase to walking four times a week for 20 minutes.

Week 3
Continue to walk four times a week but increase to 25 minutes.

Week 4
Walk five times a week for 25 minutes.



5 MILE TRAINING PLAN

This plan will fully prepare you for a 5 mile walk. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total weekly mileage
1	Rest	1 mile walk	Rest	1 mile walk	Strengthening	Rest	1 mile walk	3 miles
2	Rest	1 mile walk	Rest	1.5 mile walk	Strengthening	Rest	1.5 mile walk	4 miles
3	Rest	1 mile walk	Rest	2 mile walk	Strengthening	Rest	2 mile walk	5 miles
4	Rest	1.5 mile walk	Rest	1.5 mile walk	Strengthening	Rest	3 mile walk	6 miles
5	Rest	1.5 mile walk	Rest	2 mile walk	Strengthening	Rest	3.5 mile walk	7 miles
6	Rest	1.5 mile walk	Rest	2.5 mile walk	Strengthening	Rest	4 mile walk	8 miles
7	Rest	1.5 mile walk	Rest	1.5 mile walk	Strengthening	Rest	3 mile walk	6 miles
8	Rest	1 mile walk	Rest	2 mile walk	Strengthening	WALK	Rest	8 miles

Strengthening = any activity you enjoy that improves your overall fitness

10 MILE TRAINING PLAN

This plan will fully prepare you for a 10 mile walk. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total weekly mileage
1	Rest	1.5 mile walk	Rest	1.5 mile walk	Strengthening	Rest	2 mile walk	5 miles
2	Rest	1.5 mile walk	Rest	1.5 mile walk	Strengthening	Rest	2 mile walk	5 miles
3	Rest	2 mile walk	Rest	2 mile walk	Strengthening	Rest	3 mile walk	7 miles
4	Rest	2 mile walk	Rest/Strengthening	3.5 mile walk	Strengthening	Rest	4.5 mile walk	10 miles
5	Rest	2.5 mile walk	Rest/Strengthening	3.5 mile walk	Strengthening	Rest	5 mile walk	11 miles
6	Rest	3 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	5 mile walk	12 miles
7	Rest	3 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	6 mile walk	13 miles
8	Rest	3 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	8 mile walk	15 miles
9	Rest	2 mile walk	Rest/Strengthening	3 mile walk	Strengthening	Rest	9 mile walk	14 miles
10	Rest	3 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	8 mile walk	15 miles
11	Rest	2 mile walk	Rest/Strengthening	2 mile walk	Strengthening	Rest	4 mile walk	8 miles
12	Rest	2 mile walk	Rest/Strengthening	2 mile walk	Rest	WALK	Rest	14 miles

Strengthening = any activity you enjoy that improves your overall fitness

20 MILE TRAINING PLAN

This plan will fully prepare you for a 20 mile walk. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total weekly mileage
1	Rest	2 mile walk	Rest	2 mile walk	Strengthening	Rest	2 mile walk	6 miles
2	Rest	2 mile walk	Rest	2 mile walk	Strengthening	Rest	3 mile walk	7 miles
3	Rest	2 mile walk	Rest	3 mile walk	Strengthening	Rest	5 mile walk	10 miles
4	Rest	3 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	8 mile walk	15 miles
5	Rest	3 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	10 mile walk	17 miles
6	Rest	4 mile walk	Rest/Strengthening	5 mile walk	Strengthening	Rest	12 mile walk	21 miles
7	Rest	5 mile walk	Rest/Strengthening	6 mile walk	Strengthening	Rest	14 mile walk	25 miles
8	Rest	5 mile walk	Rest/Strengthening	5 mile walk	Strengthening	Rest	16 mile walk	26 miles
9	Rest	5 mile walk	Rest/Strengthening	5 mile walk	Strengthening	Rest	14 mile walk	24 miles
10	Rest	4 mile walk	Rest/Strengthening	4 mile walk	Strengthening	Rest	12 mile walk	20 miles
11	Rest	3 mile walk	Rest/Strengthening	3 mile walk	Strengthening	Rest	10 mile walk	16 miles
12	Rest	2 mile walk	Rest/Strengthening	2 mile walk	Rest	WALK	Rest	25 miles

Strengthening = any activity you enjoy that improves your overall **fitness**

WALK YOUR WAY TRAINING PLAN

If you're walking a different distance to those listed, you might want to create your own plan to help you structure your training. Use our blank training plan grid on the next page to map out your plan. Here are some things you might want to think about.

Length of your plan

We recommend training over 8–12 weeks to allow your body to get used to a steady increase in mileage. If you don't have 8–12 weeks, work out how long you do have and work backwards from your event date to fit in as much training as you can.

Increase the distance gradually

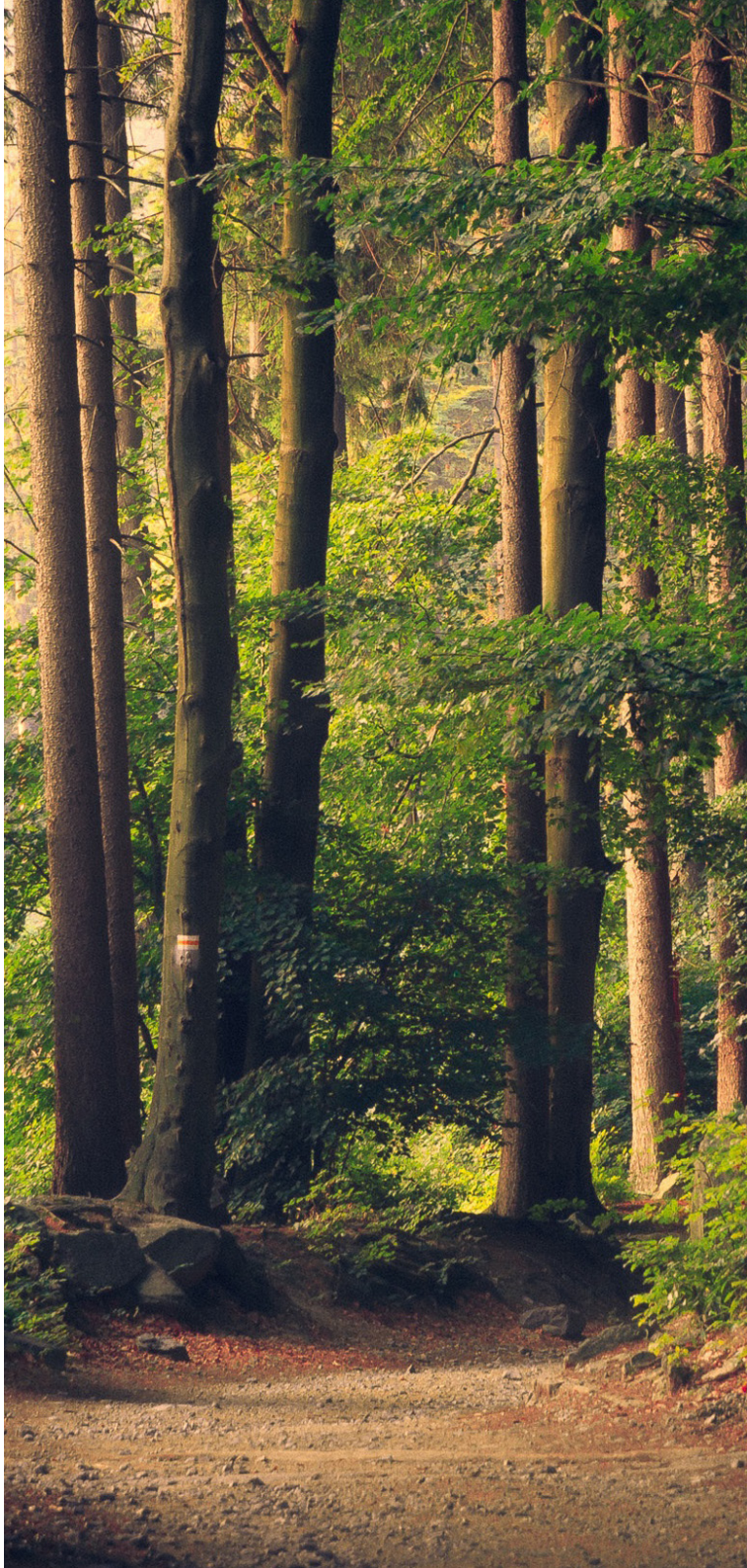
It's best to build up the distance you're walking over time. Try to go on around two short walks and one longer walk a week, and increase the distance of the longer walk each week. It's not essential to walk your full distance in training; the more miles you get under your belt throughout your training will prepare you for walking that distance on the day.

Keep it varied

Although walking is key, try and factor in at least one day of other activity to keep you motivated and improve your general fitness.

Rest days

These are just as important as training days and allow your body to recover from all the activity you're taking on. Make sure you factor in 2–3 rest days a week.



WALK YOUR WAY TRAINING PLAN

If you're organising your own walk use this grid to plan your training.

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total weekly mileage
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

TRAINING TOP TIPS

Here are a few final tips to help you get the most from your training.

Walk walk walk!
Try to fit your walking into your daily routine. For example, get off the bus one stop early, take the stairs instead of the lift, or walk to work if you can.

Keep it fun
Vary the routes that you walk during your training or ask your friends to join you to keep things interesting. Use it as a chance to explore your local area and beyond!

Take to the hills
Your walk could take you across all types of terrain and will inevitably include some ascents and descents, so make sure you include hills in your training walks so you're fully prepared on event day.

Have a dress rehearsal
Practice walking in the clothes, shoes and rucksack you're planning to walk in on event day. You want to be as comfortable as possible during your walk, so a few trial walks beforehand are worth doing.

Eat well
Make sure you're eating healthily during your training, with a good balance of carbohydrate, protein and plenty of vegetables at meal times. Eat a small carbohydrate snack 30–60 minutes before exercise to top up your energy levels, such a fresh or dried fruit or cereal bars.

Registered charity: England and Wales 1017658, Scotland SC038104. BCC402_training guide

Our most important tip of all is…

Have fun!

You're doing something incredible by taking part in Walk Your Way, so enjoy every minute of it! The training and preparation ahead of your walk are just as much fun as the day itself. And if at any point it starts to get tough, remember why you're taking part and all the people affected by breast cancer that you're helping to support.

Questions

If you have any questions or concerns about your training, feel free to get in touch – we're here to help.

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