

GMFR Training Programme for Walkers

Who is this programme for?

This programme is for someone who can walk for 40 to 50 minutes at a time. Need help getting to this stage? You can join our regular walking groups now.

What is the main aim of this programme?

The aim is to gradually build up the miles you walk / the time spent walking each week to get you to 8.5 miles.

What does success look like?

You cross the finish line with a **great big smile** on your face!

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Complete (tick)
1	6 April 2015	2.5 mile	Rest	2.5 mile	Rest	Rest	2.5 mile (40 to 50 mins)	Rest	
2	13 April 2015	2.5 mile	Rest	2.5 mile	Rest	Rest	3.5 mile (55 to 70 mins)	Rest	
3	20 April 2015	2.5 mile	Rest	3 mile	Rest	Rest	4.5 mile (70 to 90 mins)	Rest	
4	27 April 2015	2.5 mile	Rest	3 mile	Rest	Rest	5.5 mile (90min to 2 hours)	Rest	
5	4 May 2015	3 mile	Rest	5 mile	Rest	Rest	6.5 mile (1hr 40 to 2hr 10)	Rest	
6	11 May 2015	5 mile	Rest	3 mile	Rest	Rest	7.5 mile (1hr 55 to 2.5 hr)	Rest	
7	18 May 2015	3 mile	Rest	5 mile	Rest	Rest	8.5 mile (2 hr 10 to 3 hrs)	Rest	
8	25 May 2015	3 mile	Rest	3 mile	Rest	Rest	Rest	Great Midlands Fun Run!!!!	

You made it! Well Done!

Walkers - Here are some extra notes to support your training

- Remember to warm up with dynamic stretches or start slowly.
- Walk tall with good posture.
- Always do some static stretches when you have finished.
- Rest is very important. Swap days if you need to but rest in between walks.
- Make the long walk your priority. Split into two if needs be but try to make sure you get it all done!
- Walk for 'time' rather than distance the times are a guide it depends on how fast you walk.
- You will need extra energy so eat complex carbohydrates such as brown bread and rice.
- Drink plenty of fluids during training and on the day (it's nearly always hot).

Dates highlighted in yellow are the SE Fitness training days great chance to train with friends and pick up useful hints.

Meet Wyndley Leisure Centre 8.30 for 9.00am start.