



## 10km in 10 Weeks Walking Plan

As with any training or exercise programme, we would advise that you contact your doctor to get the all clear before starting any new programme, or if you haven't exercised in a while. If you feel any discomfort or pain when exercising it may be just tired muscles. However if you experience any chest pain, stop immediately and seek medical attention.

### Week 1 – Getting Started

- **Time** – Start with a daily 15 minute walk at an easy pace. Your weekly goal is 60-75 minutes.
- **Warming up**– Try to warm up a little before you start your walks. Gently marching on the spot for a couple of minutes before setting off will warm up your muscles.
- Walk for 5 days in the first week. You want to build a habit so consistency is important. Spreads out your rest days – for example, make day 3 and day 6 rest days.

**Training Tip: Stretching**- Remember to gently stretch after your exercise. See the attached stretching leaflet.

### Week 2: Work on Your Walking Form

- **Time**- Add 5 minutes a day over the second week. Aim now to walk for 20 minutes on 4 days.
- On the 5<sup>th</sup> day, if you feel ready, build up to a 30 minute walk.

**Training Tip: Walking Form** – You can use your walks this week to concentrate on developing good walking posture and technique. This can greatly improve your ease of walking making the experience even more enjoyable.

### Week 3: Walk at a Moderate Pace

- **Time** – Add another 5 minutes per day so you are walking for 25 minutes, 4 days per week.
- **On your 5<sup>th</sup> day** - if you feel like you can, walk for 35 – 40 minutes.
- Walk at a pace that is comfortable for you. Don't push yourself and make yourself uncomfortable.
- Don't forget to warm up before your walk as well as cooling down after and stretching gently to relax your muscles.

**Training Tip:** As you are walking more and more, you might want to think about the types of clothes you are wearing. Try layering up, so that as you get warmed up you can take off a layer without getting cold. Think about bringing a lightweight rain proof jacket that you can tie around your waist and that isn't too heavy to carry.

#### Week 4: Building Mileage

- **Time** – Add another 5 minutes a day to walk 30 minutes, 4 days a week. Keep your pace comfortable and take note of any pain or discomfort.
- **Stay close to your home**- Do you have a small block that you can walk around a couple of times? That way if you do feel pain or discomfort, you aren't too far from home.
- On the 5<sup>th</sup> day, if you can, walk for 40-45 minutes.

**Training Tip:** Drinking Right- Now that you are walking for more than 30 minutes, you should be upping your water intake. Can you carry a small bottle of water with you? Small, fun-size water bottles can be easier to grip, or if you visit a sports store, they may have bottle with holders that you can slip your hand through making carrying it a lot easier.

#### Week 5: Work on Speed

- **Time**- Walk 30 minutes a day, four days a week.
- **Mileage Building Day** – Walk 60 minutes at an easy pace.
- During each of your shorter walks, concentrate on improving your walking form to add speed. If you have not been using any arm motion, this can be the key to increasing speed.

**Training Tip:** Make sure that the socks you are wearing are a snug fit with no bunching – this can help prevent blisters. Well fitting shoes will also help prevent blisters. Visit your local sports store if you need help.

#### Week 6: Building Distance

- **Time** Walk 30-40 minutes a day, 4 days this week, paying attention to form and speed.
- **Mileage Building Day** – Your long walk this week should be up to 8km. Aprox. 5 miles at a moderate pace. Use the website [www.mapmyrun.com](http://www.mapmyrun.com) to measure the distance to make sure you are not over, or under, estimating the distance.

**Training Tip:** Remember to wear sunscreen on your walks – even if the sun isn't shining. You can find good moisturizers with an SPF in most good pharmacies that won't break the bank.

#### Week 7: Keep Walking

- Keep your base days of 4 per week. Aim to be consistent at this point. Even if you feel great, keep at your 40-45 minutes for each of the 4 days.
- On your 5<sup>th</sup> day, aim to walk for 5 minutes longer than it took you to walk the 8km during the last week.
- Need some motivation? If you walk the same route all the time, why not walk it in the opposite direction. Or get someone to measure a new distance or route and change it up. New surroundings may help your walk pass quicker.

**Training Tip:** Remember to keep doing a gentle warm up before your walk, and a gentle 10 minutes of stretching afterwards.

## Week 8: Getting Closer

- At this point, you can add another 5 minutes to your 45 minutes, 4 days per week. You should be able to complete these walks in comfort.
- Your long walk this week should be 10 -15 minutes longer than your 8km. If you feel good, add an additional 5 minutes again.
- However, bear in mind that if you have any pain or discomfort, keep note of it. Keep a track of any pains that you are experiencing. If you are worried at all, visit your doctor for a checkup.

**Training Tip:** Why not treat yourself to a sports massage. Most good physiotherapy clinics will be able to provide a sports massage. This will help ease out any tightness in your muscles making sure that you remain injury free.

## Week 9 – The Final Countdown

- Add an additional 5 -10 minutes to your 45 minutes, 4 days per week. This will bring you up to almost an hour of walking. Do this at your own pace and ensure that you are comfortable.
- Your long walk this week should be an additional 15 minutes on top of your long walk last week. (you have added approx 30 minutes to your 8km time at this stage.)
- Make sure that your rest days are rest days. Try not to do too much and even if you feel great and want to walk on these days, you are already doing a lot. You need to rest to give your body time to recover.

## Week 10 – Race Week.

- Walk on 4 days this week, for about 30 – 40 minutes each day. Your long walk will be on race day so you don't want to do too much before the day.
- On race day, set off at a steady pace that you know you can hold for the duration. You don't want to go off too fast and risk injury. With all the excitement and adrenaline of race day, it is easy to do so be mindful of your pace.
- The night before your race, pin your number to your t-shirt. Lay out all your clothes and things you will need on the day so you can see whether you are missing anything. This will help avoid any panic on the day.
- Finally, remember to enjoy your day! You have trained hard for this and just think of the accomplishment you will feel when you complete your 10k, have your medal draped around your neck and have raised funds for Arthritis Ireland!
- See you at the start line!!