



10K Walk Training - 5 weeks

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	30 min walk to include 3 x 4 min brisk effort with 2 min easy effort recovery	20 min steady walk before breakfast	20 min easy effort cross training	Rest	5 min easy walk plus 8 x 1 min brisk uphill effort with easy walk back plus 5 min easy walk	60 min easy walk
2	Rest	30 min walk to include 3 x 4 min brisk effort with 90 sec easy effort recovery	Rest	20 – 30 min cross training	Rest	5 min easy walking + 8 x 1 min brisk uphill effort with easy walk back down plus 5 min easy walk	60 – 75 min easy walk over hilly route
3	Strength, conditioning and core work	30 min walk to include 3 x 5 min brisk effort with 90 sec easy effort recovery	20 min steady walk before breakfast	30 min easy cross training	Rest	5 min easy walking + 10 x 1 min brisk uphill effort with easy walk back plus 5 min easy walk	75 min easy walk over hilly route
4	Strength, conditioning and core work	40 min walk to include 3 x 5 min brisk effort with 90 sec easy effort recovery	20 min steady walk before breakfast	30 min easy cross training	Rest	5 min steady walking + 10 x 1 min brisk uphill effort with easy walk back plus 5 min steady walk	90 min easy walk over hilly route
5	Rest	30 min walk to include 3 x 4 min brisk effort with 90 sec easy effort recovery	Rest	20 min easy cross training	Rest	30 min walk to include 3 x 5 min brisk effort with 90 sec easy effort recovery	10K Walk! Have fun!





Training Tips – how should each walk feel?

There are a number of different paces that you should aim to master that will make up your training:

- Easy walk – fully conversational, relaxed and in control. 5 / 10 difficulty
- Steady walk – let the pulse come up a bit, still in control but breathing and putting effort in to your walk. 6-7 / 10 difficulty
- Brisk walk – faster, more power strides, push the effort up, get the heart beating. 7-8 / 10 difficulty
- Interval efforts – power walking at a high intensity, maintain a good tall posture and driving the arms. 8-9 / 10 difficulty

In detail:

The feeling of not being sure how fast you should train is common.

At the beginning, all you are trying to do is get out and exercise. Find a consistency and a frequency of your training first. That should be at easy pace or if you can't talk comfortably as you are walking, you're going too fast, simple as that

Faster than easy, conversational effort is steady walking. This is the backbone of training for more experienced walkers. This is where you must be honest, so conversation should still be possible, but a little strained

Incorporating brisk walking efforts will see you getting into shape more quickly and efficiently. This is where you are walking at a controlled comfort level: you can still talk between breaths, but only five or six word phrases

Interval training and shorter, faster blocks of power walking, used over hilly terrain to get your heart pumping hard