



Get Fit For It

A beginners guide

Walking is a great way to keep fit and healthy.

To get started all you need is a good comfortable pair of walking shoes or trainers!

For this training guide you should have been walking regularly and be able to comfortably walk 10 miles per week. Your walk days should be at a comfortable but determined pace. Your Wednesday activity could be anything from cross training to zumba, why not try something new? Saturday is distance day, begin at a comfortable pace but as the weeks progress try to walk at a slightly faster pace. Sunday is your recovery, walk at an easy pace.

Please note, warm up and cool down are included in these times and remember to stretch before and after every walk or activity.

Weeks to go	Monday Rest Day	Tuesday Walk	Wednesday Any activity	Thursday Walk	Friday Rest Day	Saturday Distance Day	Sunday Easy walk
10	Rest	3 miles	30 mins	3 miles	Rest	4 miles	20 mins
9	Rest	3 miles	35 mins	3 miles	Rest	6 miles	20 mins
8	Rest	3 miles	35 mins	4 miles	Rest	8 miles	30 mins
7	Rest	3 miles	35 mins	4 miles	Rest	9 miles	30 mins
6	Rest	4 miles	40 mins	4 miles	Rest	10 miles	30 mins
5	Rest	4 miles	45 mins	4 miles	Rest	13 miles	30 mins
4	Rest	4 miles	40 mins	4 miles	Rest	8 miles	30 mins
3	Rest	4 miles	40 mins	4 miles	Rest	10 miles	30 mins
2	Rest	4 miles	40 mins	4 miles	Rest	8 miles	30 mins
1	Rest	3 miles	30 mins	3 miles	Rest	Early gentle walk	CLAN at the Castle

Top tips!

Get up an hour earlier and go for a walk. This will help energise you for the day ahead!

Make sure you drink plenty of water before, during and after your walk.

Walk to work! Or if you take public transport get off a stop or two early!

Break in your walking shoes before the big day!

Use your lunch break as time to get out for a walk! Why not ask a colleague to join you?

Please note: This document is for guidance only.

If you are unsure about anything please seek professional guidance.

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