

BEGINNERS' 10 KM WALKING PROGRAMME



Can you walk 5 km or walk for about 50 minutes, and now want to try to stretch yourself to a 10 km walk? We can help you reach this goal with this training programme.



GENERAL INSTRUCTIONS

- Start with a 5 to 10-minute easy walk to warm up before every session, and end with a 5 to 10-minute easy walk to cool down
- After cooling down, do some stretching
- Always get medical clearance before starting with any exercise programme



DEFINITIONS AND GUIDELINES

- Cross training makes your training more balanced
- Easy walk: Comfortable pace where conversation with walking partner is easy
- Moderate walk: Moderate pace where conversation might leave you slightly out of breath
- Rest is a vital part of any training programme as your muscles get stronger
- Strength training is not essential but has tremendous benefits, both for your walking fitness and health

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THE PROGRAMME





WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
20 minutes strength training and cross training	5 km moderate walking	REST	5 alternating sets of 5 minutes of moderate and 2 minutes of easy walking	20 minutes strength training	60 minutes easy walking	REST

WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
30 minutes strength training and cross training	6 km moderate walking	REST	10 minutes of easy walking, 20 minutes of moderate walking and 10 minutes of easy walking	20 minutes strength training	70 minutes easy walking	REST

WEEK 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
30 minutes strength training and cross training	6 km moderate walking	REST	5 sets of 5 minutes of moderate walking and 2 minutes of easy walking	25 to 30 minutes strength training	80 minutes easy walking	REST

WEEK 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
30 minutes strength training and cross training	7 km moderate walking	REST	30 minutes easy walking	REST	20 minutes easy walking	Race for 10 km