10km Walk Training Program – Beginner

Training plans are a suggested basic guide. Brisk Walk = ~ 10 mins / km. Recommended 9 weeks. 2 months = 8-9 weeks

For participant specific and personalised program support, it is recommended you contact an accredited and suitably qualified fitness or endurance sports professional. It is also recommended participants complete a pre-exercise screening form before commencing any training program, an example can be found here: Adult Pre Exercise Screening System - AUSactive For pre-existing health conditions, consult your GP before commencing.

Top Ten Training Tips









pack or drink bottle and snacks Sip and nibble. Additional walking nutrition information: Food for Distance Walking -Sports Dietitians Australia (SE and What are the Australian **Dietary Guidelines?** | **Dietitians** Australia

TDC is not affiliated with these links/organisations

Consistency is Key: Follow the training program and build time/distance slowly. Spread walking volume across the week New 1 So mins Brisk Walk Rest / Exercise Brisk Walk Consistency is Key: Follow the training program and build time/distance slowly. Spread walking volume across the week Week 1 30 mins Brisk Walk Rest / Exercise Brisk Walk Rest / Exercise Choice Consistency is Key: Follow the training program and build time/distance slowly. Spread walking volume across the week Week 1 30 mins Brisk Walk Rest / Exercise Brisk Walk Rest / Exercise Choice Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspa	op	o Ten Training Tips	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly	
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and <u>What are the Australian</u> choice Walk			Event Week				10km Walk			Adjust event week schedule to suit the day of your 10km walk		

Shoes and Socks: Wear appropriate good quality sports shoes which are not too old or worn and with adequate cushioning. Invest in moisture-wicking, anatomicallydesigned walk/run socks to avoid pressure points and blisters (no cotton socks)

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Incorporate cross training:

into your weekly training routine. Examples: Pilates, yoga, swimming, cycling, Personal Training. Sports which use different muscles that will improve your cardio fitness

Walk & talk for well-being:

Training with a friend is more fun, safer, great for motivation and mental health

Recovery matters: Get a good night's sleep. Down time, healthy lifestyle diet choices, drinking plain water, compression garments, home foam roller, professional sports remedial massage



Sun Smart: Slip, Slop, Slap, Seek and Slide