## 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<br>training program and build<br>time/distance slowly. Spread<br>walking volume across the week   New 1   So mins<br>Brisk Walk   Rest /<br>Exercise<br>Brisk Walk   Consistency is Key: Follow the<br>training program and build<br>time/distance slowly. Spread<br>walking volume across the week   Week 1   30 mins<br>Brisk Walk   Rest /<br>Exercise<br>Brisk Walk   Rest /<br>Exercise<br>Choice   Consistency is Key: Follow the<br>training program and build<br>time/distance slowly. Spread<br>walking volume across the week   Week 1   30 mins<br>Brisk Walk   Rest /<br>Exercise<br>Brisk Walk   Rest /<br>Exercise<br>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  |     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|--------------------------------------------------------------------------------------------------------------------------|------------|--------|---------|-----------|--------------|--------|----------|-----------------------------------------------------------------|---------|-----|
| Week 1   Brisk Walk   choice   Brisk Walk   Rest   Choice   Brisk Walk   Exercise   Choice   Choice   Brisk Walk   Choice   Choice   Brisk Walk   Choice   Choice   Brisk Walk   Choice   Choice   Brisk Walk   Choice   Choice<                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |     |                                                                                                                          |            |        |         | ,         |              | -      |          | -                                                               | Total   |     |
| Warm up and cool down:   Week 2   40 mins<br>Brisk Walk   Exercise<br>choice   40 mins<br>Brisk Walk   Rest   Exercise<br>choice   60 mins<br>Brisk Walk   Exercise<br>Choice   14km     Week 3   50 mins<br>Brisk Walk   50 mins<br>Brisk Walk   Exercise<br>choice   50 mins<br>Brisk Walk   Rest   Exercise<br>Choice   70 mins<br>Brisk Walk   Rest /<br>Exercise<br>Choice   14km     If you feel any discomfort or<br>pain: Consult a medical<br>professional / sports clinician   Week 4   60 mins<br>Brisk Walk   Exercise<br>choice   60 mins<br>Brisk Walk   Rest   Exercise<br>Choice   70 mins<br>Brisk Walk   Rest /<br>Exercise   20km     Listen to your body and adjust<br>pace where needed   Week 6   30 mins<br>Brisk Walk   Exercise<br>choice   30 mins<br>Brisk Walk   Rest   Exercise<br>Choice   50 mins<br>Brisk Walk   Rest /<br>Exercise   11km     Nutrition / hydration: On your<br>long sessions train with a camel<br>pack or drink bottle and snacks.<br>Sip and nibble. Additional<br>walking nutrition information:<br>Food for Distance Walking -<br>Sports Dietitians Australia (SDA)   Exercise<br>Brisk Walk   40-60 mins<br>Brisk Walk   Rest   Exercise<br>choice   90-100<br>mins<br>Brisk Walk   Rest /<br>Exercise   11-20km     Sports Dietitians Australia (SDA)   Week 8   40-60<br>mins<br>Brisk Walk   Exercise<br>choice   40-60 mins<br>Brisk Walk   Rest   Exerc                                                                                                                                                                                                                                                                                                                                                                     |     | time/distance slowly. Spread                                                                                             | Week 1     |        |         |           | Rest         |        |          |                                                                 | 11km    |     |
| Light stretching pre and post<br>workout   Week 3   50 mins<br>Brisk Walk   Exercise<br>choice   50 mins<br>Brisk Walk   Rest   Exercise<br>choice   70 mins<br>Brisk Walk   Rest /<br>Exercise<br>Choice   17km     If you feel any discomfort or<br>pain: Consult a medical<br>professional / sports clinician   Week 4   60 mins<br>Brisk Walk   Exercise<br>choice   60 mins<br>Brisk Walk   Rest   Exercise<br>choice   80 mins<br>Brisk Walk   Rest /<br>Exercise   20km     Listen to your body and adjust<br>pace where needed   Week 6   30 mins<br>Brisk Walk   Exercise<br>choice   30 mins<br>Brisk Walk   Rest   Exercise<br>choice   50 mins<br>Brisk Walk   Rest /<br>Exercise   11km     Nutrition / hydration: On your<br>long sessions train with a camel<br>pack or drink bottle and snacks.<br>Sip and nibble. Additional<br>walking nutrition information:<br>Food for Distance Walking -<br>Sports Dietitians Australia (SDA)   Exercise<br>40-60 mins<br>Brisk Walk   40-60 mins<br>Brisk Walk   Rest   Exercise<br>choice   90 mins<br>Brisk Walk   Rest /<br>Exercise   17-21km     Week 8<br>frager week   40-60<br>mins<br>Brisk Walk   Exercise<br>choice   40-60 mins<br>Brisk Walk   Rest   Exercise<br>choice   90 mins<br>Brisk Walk   Exercise<br>Choice   17-21km     Week 7   Mins<br>Brisk Walk   Exercise<br>choice   40-60 mins<br>Brisk Walk   Rest   Exercise<br>Choice   90-100<br>Brisk Walk <td></td> <td rowspan="2"><b>Warm up and cool down:</b><br/>Light stretching pre and post</td> <td>Week 2</td> <td></td> <td></td> <td></td> <td>Rest</td> <td></td> <td></td> <td>Exercise</td> <td>14km</td> <td></td>                                                                                                                         |     | <b>Warm up and cool down:</b><br>Light stretching pre and post                                                           | Week 2     |        |         |           | Rest         |        |          | Exercise                                                        | 14km    |     |
| If you feel any discomfort or pain: Consult a medical professional / sports clinician   Week 4   60 mins Brisk Walk   Exercise choice   60 mins Brisk Walk   Rest   Exercise choice   80 mins Brisk Walk   Exercise Choice   20 km     Listen to your body and adjust pace where needed   Week 6   30 mins Brisk Walk   Exercise choice   30 mins Brisk Walk   Rest   Exercise Choice   50 mins Brisk Walk   Rest / Exercise Choice   11 km     Nutrition / hydration: On your long sessions train with a camel pack or drink bottle and snacks. Sip and nibble. Additional walking nutrition information: Food for Distance Walking - Sports Dietitians Australia (SDA)   40-60 mins Brisk Walk   Rest   Exercise Choice   90 mins Brisk Walk   Rest / Exercise Choice   17-22 km     Week 8   40-60 mins Brisk Walk   Exercise Choice   90-100 mins Brisk Walk   Rest / Exercise Choice   90-100 mins Brisk Walk   Rest / Exercise Choice   17-22 km     Week 8   40-60 mins Brisk Walk   Exercise Choice   40-60 mins Brisk Walk   Rest   Exercise Choice   90-100 mins Brisk Walk   Rest / Exercise Choice   17-22 km     Week 8   40-60 mins Brisk Walk   Exercise Choice   40-60 mins Brisk Walk   Rest   Exercise Choice   60-80 mins Brisk Walk   Rest / Exercise Choice   17-22 km <                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |     |                                                                                                                          | Week 3     |        |         |           | Rest         |        |          | Exercise                                                        | 17km    |     |
| Week 5   30 mins   Exercise   30 mins   Rest   Exercise   50 mins   Exercise   11km     Listen to your body and adjust pace where needed   40-60   Brisk Walk   choice   Brisk Walk   Rest   Exercise   50 mins   Exercise   11km     Nutrition / hydration: On your long sessions train with a camel pack or drink bottle and snacks. Sip and nibble. Additional walking nutrition information: Food for Distance Walking - Sports Dietitians Australia (SDA)   40-60   Exercise   40-60 mins   Rest   Exercise   90-100   Rest / Exercise   17-21km     Week 8   40-60   mins   Exercise   40-60 mins   Rest   Exercise   90-100   Rest / Exercise   17-21km     Week 8   40-60   mins   Exercise   40-60 mins   Rest   Exercise   90-100   Rest / Exercise   17-22km     Week 8   40-60   mins   Exercise   40-60 mins   Rest   Exercise   60-80 mins   Brisk Walk   Choice   17-22km   17-22km     Week 8   40-60   mins   Exercise   40-60 mins   Rest   Exercise   60-80 mins   Brisk Walk   Choice   14-20km   Choice </td <td rowspan="2">, p</td> <td rowspan="3"><ul><li>pain: Consult a medical</li><li>professional / sports clinician</li><li>Listen to your body and adjust</li></ul></td> <td>Week 4</td> <td></td> <td></td> <td></td> <td>Rest</td> <td></td> <td></td> <td>Exercise</td> <td>20km</td> <td>-</td>                                                                                                                                                                                                                                                                                                                                                                                                                                                     | , p | <ul><li>pain: Consult a medical</li><li>professional / sports clinician</li><li>Listen to your body and adjust</li></ul> | Week 4     |        |         |           | Rest         |        |          | Exercise                                                        | 20km    | -   |
| pace where needed   Week 6   mins<br>Brisk Walk   Exercise<br>choice   40-60 mins<br>Brisk Walk   Rest   Exercise<br>choice   90 mins<br>Brisk Walk   Exercise<br>Choice   17-21km     Nutrition / hydration: On your<br>long sessions train with a camel<br>pack or drink bottle and snacks.<br>Sip and nibble. Additional<br>walking nutrition information:<br>Food for Distance Walking -<br>Sports Dietitians Australia (SDA)   Week 8<br>40-60<br>mins<br>Brisk Walk   40-60<br>mins<br>Brisk Walk   Exercise<br>choice   40-60 mins<br>Brisk Walk   Rest   Exercise<br>choice   90-100<br>mins<br>Brisk Walk   Rest /<br>Exercise   17-22km   17-22km     Week 7<br>mins<br>pack or drink bottle and snacks.<br>Sip and nibble. Additional<br>walking nutrition information:<br>Food for Distance Walking -<br>Sports Dietitians Australia (SDA)   40-60<br>mins<br>Brisk Walk   Exercise<br>choice   40-60 mins<br>Brisk Walk   Rest   Exercise<br>choice   60-80 mins<br>Brisk Walk   Rest /<br>Exercise   14-20km     Food for Distance Walking -<br>Sports Dietitians Australia (SDA)   Exercise   Exercise   10km   Adjust event week schedule to suit the<br>data of your 10km walk   Adjust event week schedule to suit the<br>data of your 10km walk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |     |                                                                                                                          |            |        |         |           | Rest         |        |          | Exercise                                                        | 11km    |     |
| long sessions train with a camel pack or drink bottle and snacks.   Week 7   mins   Exercise choice   40-60 mins   Rest   Exercise choice   mins   Exercise choice   17-22km   11-22km     Sip and nibble. Additional walking nutrition information:   Week 8   40-60   Exercise choice   40-60 mins   Rest   Exercise choice   60-80 mins   Rest /   Exercise choice   14-20km     Food for Distance Walking -   Sports Dietitians Australia (SDA)   Exercise   Exercise   10km   Adjust event week schedule to suit the day of your 10km walk   14-20km                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |     |                                                                                                                          | Week 6     | mins   |         |           | Rest         |        |          | Exercise                                                        | 17-21km |     |
| Sip and nibble. Additional walking nutrition information:   Week 8 Taper week   40-60 mins mins choice   Rest   Exercise choice   60-80 mins choice   Rest / Exercise choice   14-20km     Food for Distance Walking - Sports Dietitians Australia (SDA)   Event Week   Exercise   40-60 mins Brisk Walk   Rest   Adjust event week schedule to suit the day of your 10km walk   14-20km                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |     | long sessions train with a camel                                                                                         | Week 7     | mins   |         |           | Rest         |        | mins     | Exercise                                                        | 17-22km | վիս |
| Sports Dietitians Australia (SDA) Event Week Exercise 10km day of your 10km walk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |     | Sip and nibble. Additional<br>walking nutrition information:<br><u>Food for Distance Walking -</u>                       |            | mins   |         |           | Rest         |        |          | Exercise                                                        | 14-20km |     |
| and <u>What are the Australian</u> choice Walk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |     |                                                                                                                          | Event Week |        |         |           | 10km<br>Walk |        |          | Adjust event week schedule to suit the<br>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