



Training tips

Thank you for signing up to our Sunrise Walk. Here are a few tips which may help you with your training.

This 10 week training programme designed for those taking on 20km route, we suggest you adapt this according to your distance:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday or Sunday
Week 1	Rest day	3.2km	Rest day	3.2km	Rest day	6.4km
Week 2	Rest day	5km	Rest day	3.2km	Rest day	8km
Week 3	Rest day	6.4km	Rest day	5km	Rest day	12.8km
Week 4	Rest day	8km	Rest day	4.5km – 6km	Rest day	11.2km
Week 5	Rest day	8.5km - 9km	Rest day	8km	Rest day	12.8km
Week 6	Rest day	9.5km -11km	Rest day	8.5km – 9km	Rest day	14.4km
Week 7	Rest day	11km – 12.5km	Rest day	9.5km – 11km	Rest day	16km
Week 8	Rest day	12.5km – 14km	Rest day	11km – 12.5km	Rest day	17.7km
Week 9	Rest day	12.5km – 14km	Rest day	11km – 12.5km	Rest day	17.7km
Week 10	Rest day	9.5km – 11km	Rest day	8.5km – 9km	Rest day	Sunrise Walk

In order to build up your walking fitness, you should aim to walk at least 2-3 times a week, with two shorter walks mid-week and one longer walk at the weekend. The programme above gives an example of how you can build up your walking fitness and the mileage you walk in 10 weeks. This can be used as a guide for your training for the Sunrise Walk.

You should ensure you do a 5-10 minute warm up by stretching your muscles well before you start a walk. You should hold your stretches for at least 30 seconds and stretch 15 minutes before you exercise as this will give the most benefits.

You should also do a 5 minute cool down at the end of your walk. Taking time to stretch properly is crucial in helping to prevent injury and will also help with your recovery.

When training you should try and add variety to your walks, you can do this by choosing different terrains to walk on (such as off road and on road), you could chose different types of sceneries such as woodland walks, or riverside towpaths, you could also try walking with a family member or friend to keep you company. Making sure your training programme is varied will help maintain your motivation and enthusiasm.

The final week leading up to the event day is all about preparing for the actual walk. It is important to continue drinking plenty of fluids in the final few days, so that you are properly hydrated for the event.



Make sure you do plenty of stretching and don't overdo it as it is vital that you prevent injuries at this point in your training programme.

You should take it easy in this last week of training and ensure that you use Friday and Saturday as rest days, and get a good night's sleep the night before, to ensure you are fully recovered and ready for the event.

Walking Footwear and Clothing

The most important item you need for walking is footwear. You need a good pair of trainers or walking shoes that should be comfortable and supportive. They should have a flexible sole and plenty of room in the toe.

You should not wear brand new shoes on the day of the event; you should make sure your shoes have been worn in, to prevent any discomfort and blisters.

Along with shoes, socks are a very important piece of walking kit. You should choose socks that are made of a breathable material, you want your feet to stay warm and dry, and so cotton isn't always the best choice.

You need socks that are thick enough to provide you with the support and comfort you require however, if they are too thick they will cause your footwear to feel too tight. Therefore, it is very important to try walking in your socks and your shoes before the event.

When you go walking it is important to wear comfortable clothing. It is always a good idea to wear layers so that you can adjust to the temperature, and to ensure you do not get too cold or too hot. You should wear clothes that are appropriate to the weather, and be prepared for the weather to change whilst you are on a walk – June can be very hot but it can also be very wet!

What's next?

Set yourself some goals and get training!

Don't forget to download your fundraising tips and sponsorship form from our website too!

Should you have any questions please do not hesitate to get in touch with our Challenge Events Team by on 01932 823100 or events@shootingstar.org.uk

Best of luck with your training and fundraising, we can't look forward to seeing you at the start line!