



BEGINNERS' 10KM 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 – 10 minute easy walk to warm up before every session, and end with a 5 – 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: a vital part of any training programme when your muscles increase in strength

Strength training: not essential but has tremendous benefits, both for your walking fitness and health



The programme

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	20 minutes strength training and cross training	5 km moderate walking	REST	Five sets of 5 minutes moderate. 2 minutes easy walking	20 minutes strength training	60 minutes easy walking	REST
Week 2	30 minutes strength training and cross training	6 km moderate walking	REST	10 minutes easy, 20 minutes moderate, 10 minutes easy walking	20 minutes strength training	70 minutes easy walking	REST
Week 3	30 minutes strength training and cross training	6 km moderate walking	REST	Five sets of 5 minutes moderate. 2 minutes easy walking	25-30 minutes strength training	80 minutes easy walking	REST
Week 4	30 minutes strength training and cross training	6 km moderate walking	REST	Five sets of 5 minutes moderate. 2 minutes easy walking	30 minutes strength training	80 minutes easy walking	REST
Week 5	30 minutes strength training and cross training	6 km moderate walking	REST	Five sets of 5 minutes moderate. 2 minutes easy walking	30 minutes strength training	100 minutes easy walking	REST
Week 6	20 minutes strength training and cross training	40 minutes easy walking	REST	30 minutes easy walking	REST	20 minutes easy walking	Race 10 km

