

# TRAINING TIPS

## PREPARING FOR THE BIG LONDON NIGHT WALK FRIDAY 1<sup>ST</sup> OCTOBER 2010

01. It is a good idea to follow a training plan or at least gradually increase your distance until you feel happy about walking the 25 kms distance.
02. Make sure you have a good pair of fitting shoes. Don't get new shoes just before the walk as they will need time to break in.
03. If you buy new clothes for the walk try and wash them first to avoid chaffing.
04. Buy a pedometer and keep track of how far you have been working. It can be a great boost to see how the distance you can cover increases as you train.
05. Aim to walk 2 – 3 times a week, possibly 2 short week walks and a nice long stroll at the weekend. If you are a beginner try 1 mile mid week and 3 miles at the weekend to start things off and gradually build up. If you are fitter start with 5 miles mid week and 8 at the weekend.
06. If possible walk to work
07. Try to exercise at different points of the day – before work, on lunch, after work.
08. Ask a friend, work mate or family member to train with you. You never know they join you on the actual walk!
09. Don't let the weather deter you from going out. The walk is in November so it will be cold and possibly wet. Its better to be prepared for all conditions.
10. Always take the harder route – if you see a staircase use it instead of the lift. Find some hills in the local area and add them into your route.
11. Try using a skipping rope to increase fitness
12. Hit the gym and get used to the treadmill!

The biggest tip is **ENJOY THE WALK!**

### PREVENTING INJURY WHEN WALKING

**Everybody moves differently when they walk but there are three common mistakes found among walkers. Take note of these because they can cause injuries, and if avoided may make your walk a little easier.**

#### WAIST LEAN

If you experience an ache in your back after you walk, you may be tilting forward and letting your bum stick out. Stand with your back against a wall. Now lean forward slightly from your ankles. This is not the position you want to feel whilst walking.

#### OVER STRIDING

Does your hair bounce up and down when you walk? The way to eliminate the bounce and skim the ground usually means shortening your stride. Every time your heels hit the ground in a stride its too long, your breaking the forward motion. Experiment with different lengths and find the equilibrium where you do not bounce.

#### ELBOW WHIPPING

The arm swing comes from the shoulder and not the elbow. You should imagine hitting something in front of you with your hands. Try this experiment: Put a long piece of string around your neck and hold an end in each hand, making sure your elbows are bent at 90 degrees. Now walk. If you feel the string sliding back and forth behind your neck, that means you are swinging your elbows.

