

Top Ten Training Tips

Whether you're a seasoned walker or not, The Twilight Walk is about bringing people of all ages together to help us take the vital steps needed to defeat brain tumours and improve the lives of all those affected. Whilst 10k may be a literal walk in the park for some, others may find it a daunting idea. To help you along the way, we've put together our top ten training tips for everyone so that regardless of your shape, size or fitness you'll be ready to take everything in your stride this autumn!

1. Make sure you train in supportive footwear like trainers or walking shoes leading up to the big day as well as on the day. If possible, steer clear of buying new shoes just before the event as they might rub and cause blisters. It's important to dress for the weather too - wear layers so you can adapt to the conditions, including waterproof jacket in case of any showers along the way.
2. If you're a complete beginner, it's important not to accidentally overdo things by doing too much too soon. Increasing the distance you walk gradually, will help you prepare for the full 10k distance on the day.
3. Hydration is really important. To keep yourself in tip-top condition, make sure you drink little and often whilst training, as well as before and after.
4. Before starting any exercise, take time to warm up and cool down afterwards by stretching. This will prepare your body for exercise and greatly reduce your risk of injury, so you'll still be smiling by the time you cross that finish line!
5. We have created two, ten week training plans which you can choose follow or you can make your own. Plan how many times you want to walk every week, and how long you will walk for. You could even keep a walking diary and buy a pedometer to monitor your progress and help keep you motivated.
6. Don't forget to incorporate rest days into your training programme, as taking on too much can do you more harm than good. Professional athletes take rest days once or twice a week for physical and psychological recovery.
7. Mix it up! These training tips are about increasing your fitness and stamina for walking but that doesn't mean this has to be done through walking alone. Why not try other cardio such as swimming, cycling or dancing to keep things interesting?
8. Vary your training for the best results. You could try adding longer walks into your routine once or twice a week, walking at a different pace or tackling some hillier terrain from time to time.
9. Make sure you have fun! Training should be an enjoyable experience, not a chore, so find ways to make it so – whether it's grabbing family and friends for a fun day out or treating yourself to a tasty pub lunch at the end of your walk.
10. Remember – *The Twilight Walk* isn't a race, so there's no pressure to finish in a certain amount of time. Always walk at a pace that feels comfortable to you. We have deliberately chosen beautiful scenery as the backdrop at each location, so take the time to enjoy this as you go.

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Weekly Training Plan

If you are just starting out or are a more seasoned walker, we have created these training plans to help you in your preparation for the Twilight Walk 2017. Remember not to take on too much, to adapt the training plan to your lifestyle and listen to your body.

Beginner walker training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or 15 min. walk	30 min. walk	Rest or 15 min. walk	30 min. walk	Rest	3 mile walk	30 - 60 min. walk
2	Rest or 15 min. walk	35 min. walk	Rest or 15 min. walk	35 min. walk	Rest	3 mile walk	40 - 90 min. walk
3	Rest or 15 min. walk	40 min. walk	Rest or 15 min. walk	40 min. walk	Rest	3.5 mile walk	50 - 90 min. walk
4	Rest or 15 min. walk	45 min. walk	Rest or 15 min. walk	45 min. walk	Rest	3.5 mile walk	60 - 90 min. walk
5	Rest or 15 min. walk	50 min. walk	Rest or 15 min. walk	50 min. walk	Rest	4 mile walk	60 - 90 min. walk
6	Rest or 30 min. walk	55 min. walk	Rest or 30 min. walk	55 min. walk	Rest	4.5 mile walk	70 - 120 min. walk
7	Rest or 30 min. walk	60 min. walk	Rest or 30 min. walk	60 min. walk	Rest	5 mile walk	80 - 120 min. walk
8	Rest or 30 min. walk	70 min. walk	Rest or 30 min. walk	70 min. walk	Rest	5.5 mile walk	90 - 120 min. walk
9	Rest or 30 min. walk	80 min. walk	Rest or 30 min. walk	80 min. walk	Rest	6 mile walk	90 - 120 min. walk
10	Rest or 30 min. walk	60 min. walk	Rest or 30 min. walk	30 min. walk	Rest	Rest	10K WALK

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Intermediate walker training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cardio 30 min.	Rest	Speed Walk 30 min.	Rest	30 min. walk	60 min. or 3 mile walk	Rest or 30 min. walk
2	Cardio 40 min.	Rest	Speed Walk 40 min.	Rest	30 - 40 min. walk	60 min. or 3 mile walk	Rest or 30 min. walk
3	Cardio 40 - 60 min.	Rest	Speed Walk 40 min.	Cardio 40 - 60 min.	30 - 40 min. walk	3.5 mile walk	50 min. walk
4	Cardio 40 - 60 min.	Rest	Speed Walk 40 min.	Cardio 40 - 60 min.	30 - 40 min. walk	4 mile walk	60 min. walk
5	Cardio 40 - 60 min.	Rest	Speed Walk 45 min.	Cardio 40 - 60 min.	30 - 40 min. walk	4 mile walk	70 min. walk
6	Cardio 40 - 60 min.	Rest	Speed Walk 45 min.	Rest	30 - 40 min. walk	4.5 mile walk	80 min. walk
7	Cardio 40 - 60 min.	Rest	Speed Walk 45 min.	Cardio 40 - 60 min.	30 - 40 min. walk	5 mile walk	90 min. walk
8	Cardio 40 - 60 min.	Rest	Speed Walk 50 min.	Cardio 40 - 60 min.	30 - 40 min. walk	5.5 mile walk	100 min. walk
9	Cardio 40 - 60 min.	Rest	Speed Walk 60 min.	Cardio 40 - 60 min.	30 - 40 min. walk	6 mile walk	110 min. walk
10	Rest or 30 min. walk	Rest	Speed Walk 30- 40 min.	Rest	30 - 40 min. walk	Rest	10K WALK

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