Intermediate Training Guide

THE BLOODY LONG WALK
A 35km Challenge to Cure Mito

YOU AND 35KM Twelve Training Tips to Success

1 Build Slowly

Use a slow-but-steady approach to build up your weekly total distance but also ensure you build in adequate recovery. Allow yourself time to get stronger and fitter without injuring yourself or burning out. Form a plan and stick to it. You know the final distance is 35km.

Don't try and do it all in your first day.

Be sure to track your progress, either with a simple written dairy or use an activity tracker like a Fitbit.

The chart shows suggested total distances for each week.

Stage	End of Week	Total Distance for Week
Foundation	1	9 km
	2	15 km
	3	18 km
Build	4	21 km
	5	24 km
	6	28 km
	7	32 km
Taper	8	28 km
	9	18 km
Event	10	**'The Bloody Long Walk'**

2 Choose Your Shoes

Ensure you have comfortable good quality exercise shoes which are not too old or worn. If you are not sure go to a sports store or sports speciality shop and ask to be measured and fitted properly.

Match your shoe with a comfortable pair of sports specific socks. Don't forget you need more than just comfy shoes and socks. Now is the time to work out what top, shorts, hat etc work best for you! Consider the weather and choose accordingly.

3 The Go Long Day

Rather than walking long or the same distances every day, choose one day each week to go for your 'long walk'. Have a recovery day the day after your 'Go Long' training day.

This is a great time to test and fine-tune your walking gear and work out what you need to carry in your backpack. On your 15km week you may choose to do 5km on one day and just 2km a day for 4 other days.

4 Drink On The Go

Make sure your setup includes an easy way to carry water and food. Many experienced walkers use hydration packs with a built in bladder and drinking tube. If you are not sure checkout your local camping/sports store for different options. Look for one with storage space for food and equipment.

It is important to not only be prepared to drink on the go but also to ensure you are properly hydrated in the weeks leading up to the event and during your training. The average person should aim for 3 – 4 litres of water a day.

If you are planning on incorporating running into your training and for the event, ensure you have invested in a well fitted run specific pack.

5 Pay Attention To Your Body

If you have pain that persists or gets worse, it's time to seek the help of a professional personal trainer or physiotherapist. Make sure you build in at least one day of rest into your weekly schedule. Your success is only as good as your recovery. This is your recovery day.

If you are sick or unwell, rest is best. Remember, Listen to your body, sometimes you need to push, but other times you may need to slow down.

6 Cross Train

If you intend to walk the event, then walking is the best exercise for your training. If you intend to jog/run the event then incorporate jogging/running into your training.

For those who have access to a treadmill, they are great to use when training during winter and find it difficult to train outdoors. Challenge yourself by using different inclines, speeds or a variety of programs. If you are using the treadmill as part of your training, ensure where possible at least your 'Long Days' are outside utilising terrain similar to the event to assist your body to adapt to the changing surfaces which the outdoors brings.

A cross training session each week assists your body to adapt and strengthen. Try bodyweight exercises, resistance (weight) training and core training as well as yoga or pilates.

7 Get Social

Training with a friend is more fun, safer and delivers more results. Connect with friends or colleagues and schedule time together to get out and train. Creating a support network can keep you motivated at times when your energy wanes.

8 Know Your Way

Check out the interactive map (the 'Route' page on www.bloodylongwalk.com.au has maps so you know where you are going.)

The course includes paved, unpaved, cross country, stairs and uncontrolled road crossings. Be sure you are comfortable with whatever comes your way. Incorporate similar terrain in your training.

9 Feed Your Body

Eat clean nutritious foods to ensure optimal results. On your Go Long training day trial food items such as, energy gels/bars to see how they work for your body in preparation for the Bloody Long Walk. Energy gels are usually available at your local outdoor hiking or cycling store.

10 Stretch Baby, Stretch

Prior to beginning your daily workout session stretching assists your body to warm up and prepare for exercise. Finish your session with full body static stretches. This will assist with recovery as well as lower your risk of injury.

A weekly full body stretch session or yoga class is a great addition to your training program which will assist with your recovery as well as flexibility, posture and balance.

11 Mix It Up

Don't be shy at mixing it up. Try some interval work - walk for 30 seconds, walk faster/jog for 30 seconds, and as your fitness increases begin combining a faster pace for longer with a shorter recovery. For example walk 60sec then jog 60sec and repeat this 5x to begin with. The next week you might walk 45sec and jog 75sec and repeat this 8x. Over the weeks as your fitness increases you will find you will be able to jog longer distances without needing a walk break.

If you are intending on jogging/running the event, or at least part of the event ensure you train that way. Start with a steady gentle jog and increase the distance you can jog before increasing your speed. When you can jog consistently without stopping then try a couple of 30 – 60sec increases in speed, allowing time for recovery in between your efforts.

Hill climbs can also be a great addition. Look for a variety of training terrain (grass, sand, unsurfaced trails, paved path, hills and stairs) to increasingly challenge yourself as the weeks progress. Don't forget to carry your fully loaded hydration and equipment pack. It is important that your body becomes accustomed to carrying its weight. If you are jogging/ running it is important to ensure you have invested in a well fitted run-specific pack prior to commencing your training session.

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12 Have Fun And Stick To The Plan

This is an exciting journey you are about to embark on. Enjoy each training session, celebrate your successes, allow yourself time to adapt, learn and grow. Your fitness and strength will gradually increase and improve even though there will be setbacks. In those moments keep focussed on your goals, stick to your plan and keep moving forward, The Bloody Long Walk will be a memorable and well-earned achievement.

Happy training!

SUGGESTED TRAINING TEMPLATE

These are guidelines only please consult your doctor before commencing any exercise program.

Week 1	
Day	**Session**
Monday	2 km
Tuesday	Rest
Wednesday	2 km
Thursday	Cross Train
Friday	1km
Saturday	Go Long Day - 4km
Sunday	*Recovery Day*
Total	9 km
Week 2	
Day	**Session**
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day - 5km
Sunday	*Recovery Day*
Total	15 km
Week 3	
Day	Session
Monday	4 km
Tuesday	Rest
Wednesday	4 km

Thursday	Cross Train
Friday	2km
Saturday	Go Long Day - 8km
Sunday	*Recovery Day*
Total	18 km
Week 4	
Day	**Session**
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2km
Saturday	Go Long Day - 11km
Sunday	*Recovery Day*
Total	21 km
Week 5	
Day	**Session**
Monday	5 km
Tuesday	Rest
Wednesday	5 km
Thursday	Cross Train
Friday	1km
Saturday	Go Long Day - 13km
Sunday	*Recovery Day*
Total	24 km
Week 6	
Day	**Session**
Monday	5 km
Tuesday	Rest
Wednesday	6 km
Thursday	Cross Train
Friday	2km
Saturday	Go Long Day - 15km
Sunday	*Recovery Day*
Total	28 km
Week 7	
Day	**Session**
Monday	6 km
Tuesday	Rest
Wednesday	6 km
Thursday	Cross Train
Friday	2km
Saturday	Go Long Day - 18km
Sunday	*Recovery Day*
Total	32 km

Week 8	
Day	**Session**
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	Go Long Day – 18 km
Sunday	*Recovery Day*
Total	28 km
Week 9	
Day	**Session**
Monday	2 km
Tuesday	Rest
Wednesday	2 km
Thursday	Cross Train
Friday	1km
Saturday	Go Long Day - 10km
Sunday	*Recovery Day*
Total	15 km
Week 10	
Day	**Session**
Monday	4 km
Tuesday	Rest
Wednesday	4 km
Thursday	Cross Train
Friday	2 km
Saturday	*Recovery*
Sunday	Bloody Long Walk

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