Top 10 Training Tips

Although walking is something most of us do every day taking on a longer challenge requires adequate training and preparation to ensure you'll enjoy the experience. Here are our top 10 training tips.

1 Slow and steady wins the race

It's important to start slow and increase your distance gradually over time to allow your muscles and joints to adjust to the increased activity you're undertaking.

2 Wear the right gear

Your walking clothes should be comfortable and loose-fitting to allow maximum movement. Make sure your shoes fit right; snug but with enough room that your feet can expand while walking. Trainers with good cushioning are best for walking on pavements.

3 Carry essentials only

Sunblock, hat and sunglasses are essential items. Carry your keys and articles in pockets or a hip pack. And don't forget your water bottle!

4 Eat well

Make sure you're eating a healthy diet during your training with a good balance of carbohydrate, protein and plenty of vegetables during meal time. Eat a small carbohydrate snack 30-60 minutes before exercise to boost up your energy levels.

5 Stretch it out

Remember to stretch before and after every walk to reduce muscle soreness and prevent injury.

6 Walk walk walk!

Try to fit walking into your daily routine. For example, get off the bus one or two stops early, take the stairs instead of the lift, or walk to work if you can.

7 Keep yourself motivated

Vary up your walking / running routes each week or ask your friends to join you to keep it interesting.

8 Rest up

Rest is just as important as training. It's vital that you allow your body adequate time to recover, so make sure you schedule in enough recovery days.

9 Cross train

There is no substitute for walking. However cycling, swimming, tennis or working out at the gym for an hour or two will also help your general fitness. Include a session in your training program.

10 Have fun!

Most importantly have fun. You're doing something pretty amazing by taking part in WalkWest so enjoy every minute of it!

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