

65km for Cystic Fibrosis Training Program



Walking 65km is tough. To participate successfully in the event and get the most out of the experience you are going to need to do some training.

The most important type of training for an extended trek like ours is regular, LONG walks. This will train your body's systems for the unique demands of endurance events – metabolising food on the go, burning fat, etc.

You will probably find that the easiest time to schedule a long walk is on the weekend as this often fits best around work and family life, but you can choose whatever suits your schedule best.

The training program below is a guideline for beginner and intermediate-level participants and will help to train your cardiovascular system and to develop your mental strength for the challenge of 65km.

Notes:

- The days are a suggestion only, feel free to put your long walk on whichever day suits you, as long as there is a rest day immediately afterwards and not a walk the day before.
- Cross-training means any activity other than walking, such as riding a bike, going for a swim or working out in the gym.
- When it says rest, it doesn't necessarily mean you have to sit on the couch all day, just try to save your energy!
- It can't be emphasized enough but make sure you turn up on the day in clothing that you have already worn on long walks before. You do not want to get a blister from new shoes or chafing from a tight T-shirt; that could have been solved by preparing properly.
- There is very little you can do to improve your fitness in the last 1-2 weeks prior to an event; hopefully you have already done all the hard (and long) yards and can now focus on rest, nutrition, and hydration to maintain your peak performance... ready for the big day! Too often people try to squeeze in a few extra sessions in the last few weeks hoping to gain an advantage but this is the worst thing you can do; often leaving you overtrained and at risk of injury or illness... not the ideal conditions for achieving your best.

Training program 65 km for Cystic Fibrosis

Weekly Countdown	Day 1 (Sun)	Day 2 (M)	Day 3 (T)	Day 4 (W)	Day 5 (T)	Day 6 (F)	Day 7 (Sat)	Training tip
10 weeks to go	Walk 60 minutes	Rest	Cross-training 30 min	Walk 60 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Use your program as motivation, pin it up somewhere visible and cross off each session when you complete it.
9 weeks to go	Walk 90 minutes	Rest	Cross-training 30 min	Walk 60 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Ensure you stretch after each session to improve flexibility and to aid recovery.
8 weeks to go	Walk 120 minutes	Rest	Cross-training 45 min	Walk 75 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Ensure you are using the clothes/shoes/food you will be using in the event, so you are prepared.
7 weeks to go	Walk 180 minutes	Rest	Cross-training 45 min	Walk 75 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Take an iPod or mp3 player on your walks to help pass the time.
6 weeks to go	Walk 240 minutes	Rest	Cross-training 45 min	Walk 90 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Walk with others! Find other people who are participating and offer to train with them.
5 weeks to go	Walk 300 minutes	Rest	Cross-training 45 min	Walk 90 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Reward yourself. If you get through three weeks without missing a session, have an ice cream or your favourite not-so-healthy meal – you've earned it!
4 weeks to go	Walk 180 minutes	Rest	Cross-training 45 min	Walk 75 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Make sure your walks are planned. Put them in your diary if needed, anything to make sure they aren't missed.
3 weeks to go	Walk 420 minutes	Rest	Cross-training 30 min	Walk 75 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Test out your nutrition and hydration to find what works and doesn't upset your stomach. Don't try something new on the day of the event.
2 weeks to go	Walk 180 minutes	Rest	Cross-training 30 min	Walk 60 minutes	Rest or Cross-training	Walk 60 minutes	Rest or Cross-training	Don't train too hard with 1-2 weeks to go; your fitness won't improve and you will tire yourself out for the day.
1 week to go	Walk 60 minutes	Rest	Cross-training 30 min	Walk 30 minutes	Rest	Rest	65km for CF! 19th March	Enjoy and make the most of the event. Follow this program and you will fly through with your head held high!