

Preparation Suggestions and a Holiday Training Programme for the TMC Long Walk

While the time between now and then seems like ages, it passes quickly, and without some training the Long Walk ends up becoming a LONNNNG Walk.

It is suggested that training begins 16 weeks prior to the Long Walk. It is recommended that you spend some time preparing and training for the event. For the Grade 8 -12's who will be tackling the 80kms for the first time – this is a major event and will need some training. Think about it, you are only walking about 10kms shorter than the Comrades Marathon....

This training schedule is prepared as a guideline and is courtesy of Stuart Bartlett, a biokineticist at Virgin Active in Kloof. Please use this as a basis for your training, remembering that you will be adding in your regular sporting activities during the first term.

On the day we will once again be assisted by a strong medical team under the leadership of Drs Conrad Dorfling and Mike Marshall, with several Physiotherapists, Biokineticists and Emergency Response personnel in attendance. Help them by helping yourself with some good holiday training....

Preparation Suggestions

1. Get medical clearance, especially if you have a medical or physical condition.
2. You must do some training for the event. It will help make the walk easier and will definitely help to prevent injuries.
3. If you can, try and get proper, good fitting walking shoes now, so that you can train in them and get them ready for the day. Please don't walk in new shoes or even shoes that you are not used to, just because they look cool or are in fashion. Also please remember shoes that are too old can also be a problem and can create injuries.
4. Check your diet, especially closer to the event. If you are not sure what to eat we can put you in contact with dieticians who can assist you. **DRINK WATER** during and after training.
5. Remember, most importantly, the Long Walk is a day of *esprit de corps*. When you participate it is because you want to, because you can, and because it is a school event that has become a robust tradition, one that we all would like to uphold.

Long Walk

Training Programme

Week 1

Train any 3 days of the week.

1 km brisk walk Check heart rate at the end of the walk. It should be between 125 and 135.

Week 2

Train any 4 days of the week.

1 km brisk walk Check heart rate at the end of the walk. It should be between 125 and 135.

Week 3

Train any 5 days of the week.

1 km brisk walk Check heart rate at the end of the walk. It should be between 125 and 135.

Week 4

Train any 3 days of the week.

1 km brisk walk – must walk the 1 km between 10 and 15 minutes - heart rate must be between 130 and 145.

Week 5

Train any 4 days of week

Day 1 1km jog

Day 2 1km brisk walk

Day 3 1km jog

Day 4 1km brisk walk

Heart rate must be between 130 and 145

Week 6

Train any 4 days of the week

Day 1 1km brisk walk

Day 2 2km brisk walk

Day 3 1km brisk walk

Day 4 2km brisk walk

Check your heart rate after every walk; it must be between 130 and 145

If your heart rate is lower than 130 you must walk faster and if it is higher than 145 you must slow down a bit.

Week 7

Train any 4 days of the week.

Day 1 2km slow to mild walk

Day 2 2km walk – as fast as possible - heart rate must be at 150

Day 3 2km slow to mild walk

Day 4 2km walk – as fast as possible - heart rate must be at 150

Week 8

Train any 5 days of the week.

- Day 1 1km mild walk - heart rate must be between 130 to 145
- Day 2 2km mild walk - heart rate must be between 130 to 145
- Day 3 3km mild walk - heart rate must be between 130 to 145
- Day 4 3km brisk to fast walk - heart rate must be at 150
- Day 5 3km mild walk - heart rate must be between 130 to 145

It is important to realise that the fitter you are the more you are going to struggle to keep your heart rate between 135 and 150. You will have to walk faster and generally put more effort into your training to keep your heart rate up.

Week 9

Train any 5 days of the week

Take a brisk walk every day for 30 minutes – heart rate must be as close as possible to 150 but not higher.

Week 10

Train any 5 days of the week.

- Day 1 30 minute brisk walk - heart rate – 150
- Day 2 1km slow jog – 1km brisk walk, repeat x2
- Day 3 30 minute brisk walk- heart rate – 150
- Day 4 1km jog – 1km brisk walk, repeat x2
- Day 5 30 minute brisk walk - heart rate – 150

Week 11

Train any 5 days of the week.

- Day 1 2km slow jog
- Day 2 3km brisk walk
- Day 3 1km mild walk – 1km slow jog – 200m sprints. Repeat x4
- Day 4 2km slow jog
- Day 5 3km brisk walk

Heart rate must be between 135 and 150.

Week 12

Train any 5 days of the week.

- Day 1 2km slow jog
- Day 2 3km brisk walk
- Day 3 1km mild walk – 1km slow jog – 100m sprints. Repeat x4
- Day 4 2km slow jog
- Day 5 3km brisk walk

Heart rate must be between 135 and 150.

Week 13

Train any 5 days of the week

Day 1 100m brisk walk – 100m sprint. Repeat x4
Day 2 3km slow jog
Day 3 100m brisk walk – 100m sprint. Repeat x4
Day 4 3km jog
Day 5 30 minute brisk walk
Heart rate must be between 135 and 150.

Week 14

Train any 5 days of the week

Day 1 100m brisk walk – 100m sprint. Repeat x4
Day 2 4km brisk walk
Day 3 5km brisk walk
Day 4 6km brisk walk
Day 5 100m brisk walk – 100m sprint. Repeat x4
Heart rate must be between 135 and 150.

Week 15

Train any 5 days of the week.

Day 1 60 minute brisk walk
Day 2 200m jog – 200m sprint. Repeat x4
Day 3 60 minute brisk walk
Day 4 4km slow jog
Day 5 30 minute brisk walk
Heart rate must be between 135 and 150.

Week 16 – The BIG DAY

Do 2 - 3 light easy walks in preparation – Take the Friday off and start preparing mentally.

On any 3 days of every week, do some flexibility and core exercises. If you are not sure what to do, speak to your sports coaches for advice and tips. The secret to this training programme is to start early. You can't try to cram it at the end. Remember also to start slowly and build up to the more strenuous training days.

At the end of it all – Good Luck and have fun....

Medical Convenor
Long Walk Committee

Updated by Rae Griesel on 19 January 2015