

## Preparation Suggestions and a Holiday Training Program for the TMC Long Walk

Although 2019 is almost over the Long Walk is around the corner and it is important to properly prepare yourself for this momentous and fun walk.

The key to properly preparing is to gradually increase your training and not rush or leave your training to the last minute. Below is a 15-16 week guideline for a gradual training program that is aimed to adequately prepare you for the 2020 TMC Long Walk.

Strength is also an important factor that needs to be considered when preparing for the Long Walk and can be done without having to lift heavy weights or spending hours in the gym. Below is a body weight strength and core program that can be done 2 x week. Should these be too easy or if you would require progressions please contact the biokineticists at the school (Megan Steyn and Niki Groeneweld) to assist you with a strength program.

### 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. Warm up properly before each training sessions and statically stretch afterwards.
4. Wear appropriate running shoes. If you need new shoes try get them earlier so that you can train in them. Also please remember shoes that are too old can also be a problem and can create injuries.
5. Keep well hydrated after during and after training sessions. On the day make sure that you stay hydrated and drink water regularly.
6. Don't push through pain. 'No pain no gain', is not true listen to your body.
7. Most importantly have fun!



December 2019						
◀ Nov 2019					Jan 2020 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Walk 1 km	3 Strength & Core	4 Walk 1 km	5 Strength & Core	6 Walk 1 km	7
8	9 Walk 2 km	10 Strength & Core	11 Walk 2 km	12 Strength & Core	13 Walk 2 km	14
15	16 Walk 2.5 km	17 Strength & Core	18 Walk 2.5 km	19 Strength & Core	20 Walk 2.5 km	21
22	23 Walk 3 km	24 Strength & Core	25 Walk 3 km	26 Strength & Core	27 Walk 3 km	28
29	30 Walk 3 km	31 Strength & Core	<b>28.5 km for December</b> <b>14 sessions with increases of 500m per week after week 1</b> <b>9 strength &amp; core session</b> <b>Get heart rate 120-140</b>			

January 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Walk 3 km	<b>2</b> Strength & Core	<b>3</b> Walk 3 km	<b>4</b> Longer Walk 5 km (Park Run loop)
<b>5</b>	<b>6</b> Walk 3.5 km	<b>7</b> Strength & Core	<b>8</b> Walk 3.5 km	<b>9</b> Strength & Core	<b>10</b> Walk 3.5 km	<b>11</b> Longer Walk 5 km (Park Run loop)
<b>12</b>	<b>13</b> Walk 4 km	<b>14</b> Strength & Core	<b>15</b> Walk 4 km	<b>16</b> Strength & Core	<b>17</b> Walk 4 km	<b>18</b> Longer Walk 5 km (Park Run loop)
<b>19</b>	<b>20</b> Walk 4.5 km	<b>21</b> Strength & Core	<b>22</b> Walk 4.5 km	<b>23</b> Strength & Core	<b>24</b> Walk 4.5 km	<b>25</b> Longer Walk 5 km (Park Run loop)
<b>26</b>	<b>27</b> Walk 5 km	<b>28</b> Strength & Core	<b>29</b> Walk 5 km	<b>30</b> Strength & Core	<b>31</b> Walk 5 km	
<b>72 km for January</b> <b>18 walks (4 x week)</b> <b>9 strength and core exercises</b> <b>Get heart between 120-140 bpm</b> <b>Try keep longer walks under 60 minutes</b>						



February 2020						
◀ Jan 2020						Mar 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Longer Walk 10 km
2	3 Walk 5.5 km	4 Strength & Core	5 Walk 5.5 km	6 Strength & Core	7 Walk 5.5 km	8 Longer Walk 12 km
9	10 Walk 6 km	11 Strength & Core	12 Walk 6 km	13 Strength & Core	14 Walk 6 km	15 Longer Walk 15 km
16	17 Walk 4 km	18 Strength & Core	19 Walk 6 km	20 Strength & Core	21 Walk 4 km	22 Longer Walk 15 km
23	24 Walk 4 km	25 Strength & Core	26 Walk 6 km	27 Strength & Core	28 Walk 4 km	29 Longer Walk 12 km
<p>126.5 km for February            17 walks (4 x week)            Get heart between 130-150 bpm            Try keep walks to 60 minutes</p>						



<div style="display: flex; justify-content: space-between;"> <span>◀ Feb 2020</span> <span><b>March 2020</b></span> <span>Apr 2020 ▶</span> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Walk 4 km	3 Strength & Core	4 Walk 5 km	5 Strength & Core	6 Walk 4 km	7 Longer Walk 10 km
8	9 Walk 3 km	10 Strength & Core	11 Walk 3 km	12 REST	13 REST OFF YOUR FEET	14 TMC LONG WALK
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	24 km for March 6 walks (2-4 x week) Get heart between 120-140 bpm Try keep longer walks under 60 minutes			

## TMC Long Walk Strength Program Guidelines

### Key Strength Exercises

#### Warm-up



Chicken Sweeps

12 x 2



Single leg Hip lifts

12 each x 2



Balance Airplane

10 each x 2



WGS + Rotation

10 each x 2

#### Exercises



Lunges

10 each x 3



Side Plank Leg Lifts

12 each x 3



Single leg Heel Raises

12 x 3



Plank

20 sec x 3

#### Stretches



Hip Flexor

30 sec each x 2



Hamstring

30 sec each x 2



Figure 4 (Glute)

30 sec each x 2



Calf

30 sec each x 2