

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

Although 2022 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 2023 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 x2 a week. Should these be too easy or if you would require progressions please contact Justin Bircher & Associates Biokineticists (Justin Bircher and Leah Sim) 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.
4. Warm up properly before each training session, (focus on a dynamic warm up) and statically stretch afterwards.
3. 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, leading to potential injuries.
5. Keep well hydrated during and after training sessions, and on the day make sure that you stay hydrated, drinking 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 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Walk 1 km	6 Strength & Core	7 Walk 1 km	8 Strength & Core	9 Walk 1 km	10
11	12 Walk 2km	13 Strength & Core	14 Walk 2km	15 Strength & Core	16 Walk 2km	17
18	19 Walk 2.5km	20 Strength & Core	21 Walk 2.5km	22 Strength & Core	23 Walk 2.5km	24
25	26 Walk 3 km	27 Strength & Core	28 Walk 3km	29 Strength & Core	30 Walk 3km	31

25.5 km for December
12 sessions with increases of 500m per week after week 1
8 strength & core session
Get heart rate 120-140

January 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Walk 3.5	3 Strength & Core	4 Walk 3.5 km	5 Strength & Core	6 Walk 3.5 km	7 Longer Walk 5 km (Park Run loop)
8	9 Walk 4 km	10 Strength & Core	11 Walk 4 km	12 Strength & Core	13 Walk 4 km	14 Longer Walk 5 km (Park Run loop)
15	16 Walk 4.5 km	17 Strength & Core	18 Walk 4.5 km	19 Strength & Core	20 Walk 4.5 km	21 Longer Walk 5 km (Park Run loop)
22	23 Walk 5 km	24 Strength & Core	25 Walk 5 km	26 Strength & Core	27 Walk 5 km	28 Longer Walk 5 km (Park Run loop)
29	30 Walk 5.5 km	31 Strength & Core				

76.5 km for January

17 walks

9 strength and core exercises

Get heart between 120-140 bpm

Try keep longer walks under 60 minutes



February 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Walk 5.5km	2 Strength & Core	3 Walk 5.5km	4 Longer Walk 10 km
5	6 Walk 6 km	7 Strength & Core	8 Walk 6 km	9 Strength & Core	10 Walk 6 km	11 Longer Walk 12 km
12	13 Walk 6.5 km	14 Strength & Core	15 Walk 6.5 km	16 Strength & Core	17 Walk 6.5 km	18 Longer Walk 15 km
19	20 Walk 6 km	21 Strength & Core	22 Walk 7 km	23 Strength & Core	24 Walk 6 km	25 Longer Walk 12 km
26	27 Walk 5 km	28 Strength & Core				

122.5 km for February
 16 walks
 8 Strength & Core Exercises
 Get heart between 130-150 bpm
 Try keep walks to 60 minutes

March 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Walk 5 km	2 Strength & Core	3 Walk 5 km	4 Longer Walk 10 km
5	6 Walk 4 km	7 Strength & Core	8 Walk 4 km	9 Strength & Core	10 Walk 4 km	11 Longer Walk 8km
12	13 Walk 3km	14 Strength & Core	15 Walk 3.5km	16 Strength & Core	17 Walk 3km	18 Longer walk 6km
19	20 Walk 2km	21 Strength & Core	22 Walk 2km	23 REST	24 REST OFF YOUR FEET	25 TMC LONG WALK

59.5 km for March

13 walks

6 Strength & Core Exercises

Get heart between 120-140 bpm

Try keep longer walks under 60 minutes

TMC Long Walk Strength Program Guidelines

Key Strengthening 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



Step Ups

10 each x 3



Sit to Stands

8 each x 3



Wall Sit + Calf Raise

12 x 3



Deadbug

12 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



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Location

One Sports and Wellness Hillcrest, 2A Hudson Bennett Crescent/

Kloof Virgin Active gym / La Lucia Virgin Active gym