

Dos And Don'ts Of Training And Planning

1. DO - Train throughout the week, not just weekends
2. DON'T - Put off training until a few weeks before the event - start now!
3. DO - Mix up your workouts - do strength, agility AND long walks
4. DON'T - Think that a short workout doesn't make a difference - it all counts
5. DO - Test your gear
6. DON'T - Use new or untested equipment on the event
7. DO - Test your nutrition plan
8. DON'T - Eat anything you haven't tested in training
9. DO - Find out what your body does when fatigued - physically, mentally AND emotionally
10. DON'T - Be surprised if you discover a different side / personality of your team mates. Use this as a bonding experience!
11. DO - Train on hills and uneven ground
12. DO - Train to make this an enjoyable event for you, your team, your supporters and everyone else.

Designing Your Training Plan

- Gradually build distance. Early on, less is more
- Use weekends for long walks and walk on the trails, or at least do hills
- Supplement your training with strength endurance workouts and joint stabilisation exercises (these are great 'during the week' workouts)
- Eat like an athlete in training! What you eat determines how your body recovers in training, and how your body recovers in training determines how it performs on the day. You can't out walk a bad diet.
- Aim to do the event lean. Carrying an extra 5kg will significantly increase the stress on your knees and ankles.

Train Well, Eat Well, Compete Happy, Get To The Finish Line Still As Friends!

Exclusive Offer to Oxfam Trailwalkers!!

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PROJECT
INNER ATHLETE

1 SESSION / WEEK
TRAIN FOR FREE

YOUR CHOICE OF SESSION TYPE AND TRAINING TIME

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VALID BEHINDST OCTOBER 2018

EXCLUSIVE TO OXFAM TRAILWALKERS 2018