

Oxfam Training Night Summary

1. Less is more - get a solid foundation and build up gradually. You want your body to be feeling good as you move into a volume stage of training. This means, start with short distances and let your body adapt so it is ready for the last 10 weeks of training.
2. For walkers doing the 100km distance you should aim to do at least one 80km (minimum 60km) walk 3 weeks prior to the event. Those doing the 50km distance, you should aim to do one 40km (minimum 30km) walk 3 weeks before the event date.
3. If you're walking 100km, we recommend building your distance up by 4km - 6km per week to reach your target of 80km - 60km 3 weeks before the event starting with a 10km walk this week. For 50km walkers, Build up by 2km - 3km per week, starting at 5km.
4. The critical walking distance to test your physical capabilities early in is 20km. If you can walk 20km with no injury or niggles during or after the walk, you have the green light to keep increasing your distances, if you do experience a physical challenge, see a podiatrist, physiotherapist and/or chiropractor as soon as possible to deal with this early before it becomes a chronic injury. If you need the names of good practitioners, speak to us or Ned the Podiatrist supporting Oxfam.
5. Do your long training sessions on the weekend but be sure to factor training into your mid week as well - only training on the weekend is not enough.
6. Your long training sessions, you can either split your long distance over 2 days consecutively (this is ideal for those of you planning on sleeping or stopping through the night during the event), or do it in one session (useful for those of you not planning on stopping).
7. Your training should reflect your event day plan....so...make a plan now and train to reflect that plan ie. Do you plan on stopping?
8. Your mid week training should be a combination of walking, resistance training for muscle endurance, agility/joint stabilisation training and stretching/recovery. If you need help planning your week let us know.
9. Train on trails, train on hills, train at night, train during the day, train in the rain and train with your team.
10. Learn the route, even if by studying the maps or even better visit the trails before the event.
11. Practice your nutrition strategy during training
12. Train with the equipment you will be using for the event - never use anything in the event that you haven't already trained with!!
13. Your mindset is critically important for the success of your event. Learn what your motivational 'self talk' sayings are and share these with your team mates.
14. You can change the 'mood' or the energy of your team by using simple anchors such as high fives or team hand shakes. If you want more help with your mindset for motivation, confidence or overcoming limiting self belief, come speak to us.
15. Notice any fears you might have before the event and overcome them. Phobias might include walking in the bush at night time! See us for phobia busting strategies.
16. Communication is key for creating a happy team that are still friends at the end, speak to us for more team coaching strategies.

17. Your support crew are going to be your life line through the event. Thank them, be grateful for them and let them know about your event plan, what challenges you might face and where your strengths are as individuals and as a team. Include them in your training.

We have a program called Project Inner Athlete that allows you to gain the physical strength and fitness and the mental strength and perseverance to train well and successfully complete the Oxfam Walk. To gain access to the resources that Project Inner Athlete can offer you, go to: www.upliftingpt.com

Exclusive Offer to Oxfam Trailwalkers!!

For all participants of Oxfam Trailwalker 2016, we are offering you the opportunity to come and join us for 1 free session per week with Project Inner Athlete until the event. We offer group cardio fitness classes, resistance based muscle endurance training, core strengthening classes and agility classes, most days of the week, Monday - Thursday and Saturday mornings. To get in touch with us, please contact Sharon on 0428336123.

WWW.UPLIFTINGPT.COM

PROJECT
INNER ATHLETE

VALID UNTIL: 1ST OCTOBER 2016

EXCLUSIVE TO OXFAM TRAILWALKERS ONLY

1 SESSION / WEEK

TRAIN FOR FREE

YOUR CHOICE OF SESSION TYPE AND TRAINING TIME
SIMPLY REFERENCE THIS VOUCHER WHEN YOU CALL SHARON ON 0428336123 TO
TAKE ADVANTAGE OF THIS OFFER.