

## The energy boosting goal getter



### How do you do it...

*Begin by understanding your own capabilities and set your starting point. If you are an avid walker that easily maintains a 15-minute mile achieving a constant 4 miles an hour, you are probably very aware of where to set your expectations.*

*If you are a complete novice, start by walking a mile, at a faster than usual pace for a distance that suits you up to a maximum distance of 2 miles. By using the talk test, you can gauge how fast you should be going for your fitness. If you have difficulty in holding a conversation, you are going too fast and you need to slow down. You should experience an increased heart rate and slight sweating.*

*Your goal is to walk a minimum of 3 times a week, aiming to reach a speed of 4 – 4.5 miles an hour or more depending on your fitness and to be able to walk for the distance of your chosen challenge!*

- **Always begin and end your session** by mobilising your body and stretching. Especially if you have been seated or stationary for a long period of time.
- **Plot your route**, if you are able to walk 2 or 3 different routes the variety will help to keep you motivated.
- **Ensure that you are kitted out** and have good walking footwear that is supportive and particularly for this time of year waterproof. Visit [www.walkthewalk.org/shoes](http://www.walkthewalk.org/shoes) on our website for more advice on footwear.
- **Always carry** water, a fully charged mobile phone, and if walking at night, make sure you wear high visibility clothing and carry a head torch.
- Whatever your starting point in miles, aim to add a mile to each walk each week;

Week	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	2 miles			2 miles		2 miles		6 miles
2	3 miles			3 miles		3 miles		9 miles
3	4 miles			4 miles		4 miles		12 miles
4	4 miles	MAD2	MAD2	4 miles	MAD2	4 miles	MAD2	20 miles!

- **You can walk the days that suit you** as long as it is 3 times a week. Keeping it to the same days helps to establish a pattern in your life.
- **You can repeat each week as many times as you wish** or until you are ready to move on to the next distance. Repeat every 3rd week for you to establish your comfort at that distance.
- **Each week you will probably find yourself increasing** your speed naturally as you become fitter, so keep a log and watch your progress.
- **2 miles a day MAD2** from the moment you get up until you go to bed is the minimum to achieve. Once you have established your specific walks, start tracking additional miles and fitting your MAD2 into other days of the week!