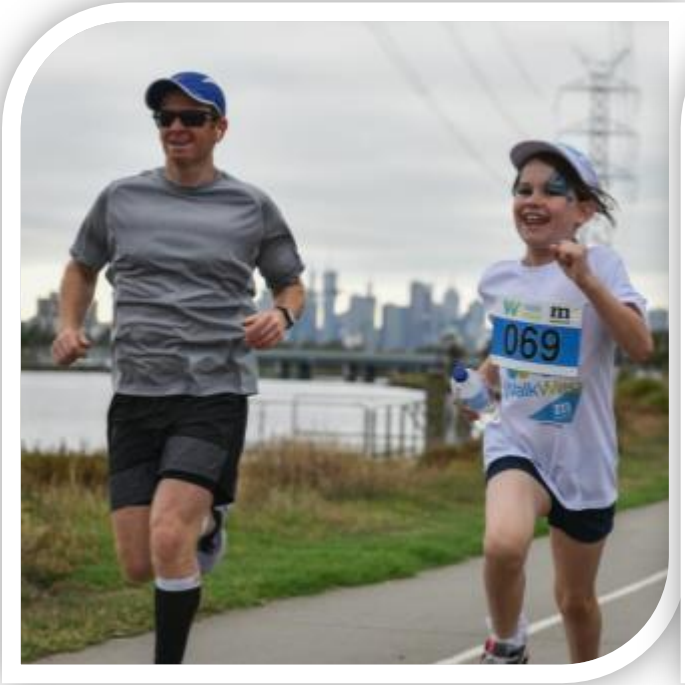






Your WalkWest Training Guide

Everything you need to know to feel prepared

Thank you

Congratulations and thank you for signing up for WalkWest.

Whether you're walking or running 2km, 5km or 10km, your challenge is by no means a small feat.

To ensure that you feel prepared for the day, we've put together this training guide with all you need to know to get you fit-ready.

Inside you'll find training programs, whether you're a beginner or a seasoned walker/runner, suggested exercises for warm-up and cool-down, and general dietary and fitness advice.

When you cross over that finish line, your sense of achievement will be huge, knowing that you've not only completed your walk/run but that you're also helping to improve the health outcomes for people across Melbourne's west.

Let us know how your training is going. Post your photos to Instagram and tag us @wh_walkwest.



Please follow the advice of the Government's COVID19 restrictions. For the latest information, visit https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19

Walking for good health

Walking offers numerous health benefits for people of all ages and fitness levels. It can be done just about anywhere and it's free. Read on to learn about some of the benefits of walking.

Lose weight

Walking helps to burn calories which in turn can help you maintain or lose weight. How many calories you burn depends on several factors including your walking speed, distance covered, terrain and your weight.

Strengthen your heart

Walking at least 30 minutes a day, five days a week can reduce your risk of coronary heart disease by about 19 percent. This risk may reduce even further when you increase the duration of distance you walk each day.

Lower your blood sugar

Taking a short walk after eating may help to lower your blood sugar levels. When you exercise, your body uses energy in the form of glucose (sugar). With type 2 diabetes, the body's blood sugar goes too high, but exercise helps you use that sugar and, therefore, helps to lower it.

Boost your energy

Going for a walk when you're tired can be a more effective energy boost than grabbing a cup of coffee. Walking increases oxygen flow throughout the body, increasing levels of cortisol, epinephrine and norepinephrine; hormones that help elevate energy levels.

Improve your mood

Walking can improve your mental health, helping to reduce anxiety and depression. It can also boost self-esteem and reduce symptoms of social withdrawal. To experience these benefits, aim for 30 minutes of brisk walking or other moderate intensity exercise three days a week. You can also break it up into three 10-minute walks.



Getting started

Although walking is something that most of us do every day, taking on a longer challenge requires adequate preparation and training to ensure you'll enjoy the experience.

Slow and steady wins the race

It's important to start slow and increase your distance gradually over time to allow your muscles and joints to adjust to the increased activity you're undertaking. If you're a beginner who normally does little or no exercise, you'll need to start getting into the habit of walking regularly. We recommend you follow our beginner walking schedule before taking on the more advanced training plans in this guide.

Wear the right shoes

When you walk, your foot flexes as you roll through a step from heel to toe. If your shoe isn't flexing you can't get a strong walking motion which will cause issues with your feet and shins. Make sure your shoes fit right; snug but with enough room that your feet can expand while walking. Trainers with good cushioning are best for walking on pavements. Be sure to break in any new shoes before the event day to reduce the likelihood of blisters and unnecessary aches and pains.

Eat well

Diet plays an important part during training. It's worth identifying your nutritional goals and coming up with a healthy eating plan. This will improve your general health and ensure your body has enough energy to keep up the extra exercise. Make sure you're eating a good mix of carbohydrates and stay well hydrated. Eating a carbohydrate snack, such as fruit or a muesli bar, 30-60 minutes before exercise, will boost your energy levels.

Dress appropriately

Your walking clothes should be comfortable and loose-fitting to allow maximum movement. Depending on the weather, you should dress in layers so you can remove a layer as you warm up and begin walking and put back on as you cool down.

Carry essentials only

Sunblock, hats and sunglasses are essential items. A hat prevents sun exposure as well as keeping you from losing heat. Sunglasses are essential for protecting your eyes from the sun and sunscreen to protect your skin. Pack lightly. Carry keys and articles in pockets or a hip pack. And don't forget your water bottle!



It's all in the technique

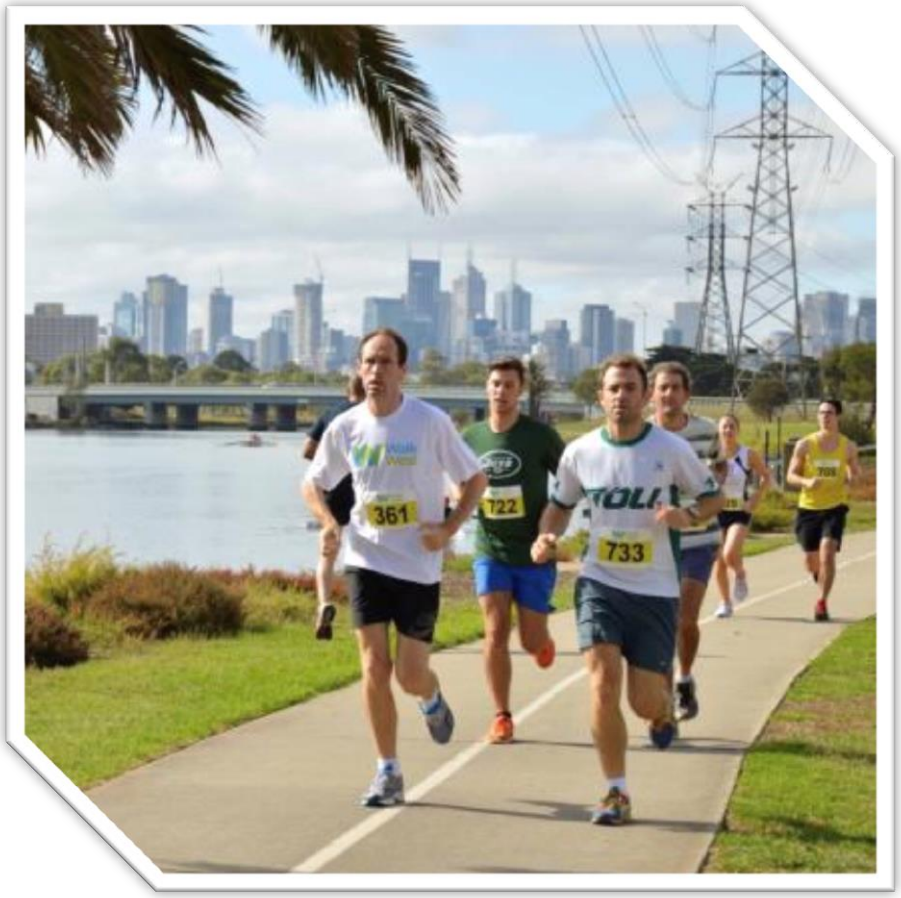
A proper walking technique will give you better comfort, power, and speed, and help avoid injury or strain.



From walking to running

A runner isn't born overnight: it takes weeks of building up and training the body to get used to moving this way. If running is one of your goals, here's a workout plan to get you started.

1. Alternate between 3 min jogging + 2 min walking for a total of 20- 25 min
2. Alternate between 4 min jogging + 2 min walking for a total of 30 min
3. Alternate between 5 min jogging + 2 min walking for a total of 30 min
4. Alternate between 5 min jogging + 1 min walking for a total of 30-40 min
5. Alternate between 3-5-8-5-3 min jogging + 3 min walking for a total of 40 min
6. Alternate between 5-8 min jogging + 2 min walking for a total of 40-45 min
7. Alternate between 8 min jogging + 3 min walking for a total of 45 min
8. Alternate between 10 min jogging + 2 min walking for a total of 45 min



Take it easy

Don't try to run the whole distance right from the beginning. Start off by breaking up your run into short intervals of running and walking.

Less is more

Make sure to start off with very short distances. Do you still have energy afterwards? No problem. Just increase the distance a little more next session.

Change it up

Keep yourself motivated by changing up your running route and exploring different running surfaces.

Make it fun

Keep yourself inspired by running with a friend or running to music.

Warming up

Before you start any rigorous exercise, spend at least 10 minutes walking or jogging gradually to increase your heart rate and circulation. A light sweat and slightly increased body temperature are indications you have warmed up sufficiently. Then complete these *dynamic* exercises.



1. Stand with your feet hip-width apart.
2. Lift your left foot off the ground, keeping your weight in the heel of your right foot.
3. Slowly, and with control, swing your left foot forward back under your body and behind you in a singly smooth movement, keeping your upper body steady. Each swing should take your leg closer to its full range of motion.
4. Switch legs, then switch direction, swinging each leg out to the side, back to the centre and across the midline of your body.



1. Stand with your feet shoulder-width apart, arms outstretched to the side.
2. Twist your shoulders and hips in the same direction, ensuring your feet stay planted to the ground.
3. Repeat 2-3 times, alternating twisting to your left and right sides.



1. While standing, raise your left knee to hip level.
2. Turn your knee away from your body.
3. Lower your foot back to the ground.
4. Switch legs and repeat 2-3 times.

Cooling down

After you finish exercising, keep moving for another 5-10 minutes while your breathing and heart rate return to normal. Then spend 10 minutes on these *static* exercises.



1. Place both hands against a wall or object in front of you for support.
2. Stand with your left leg in front, knee slightly bent and your right leg fully extended behind you.
3. Push hips forward while pushing your right heel down to the ground.
4. Hold for 45-60 seconds then switch legs and repeat 1-2 times.



Hamstring Stretch

1. Kneel on the ground and stretch one leg out in front of you.
2. Lean forward from your hips and reach for your ankle or toes until you feel a stretch in your hamstring.
3. Hold for 45-60 seconds then switch legs and repeat 1-2 times



1. Stand near a wall, chair or piece of sturdy exercise equipment for support.
2. Grab your left ankle and gently pull your heel toward your backside until you feel a gentle stretch along the front of your thigh.
3. Hold for 45-60 seconds then switch legs and repeat 1-2 times.



1. Lie on your back with your knees bent and feet flat on the ground directly under your knees.
2. Stretch your arms out along the floor, extending straight out from your shoulders.
3. Drop both knees to the right side of your body keeping your arm and shoulders on the ground.
4. Hold for 45-60 seconds, switch sides and repeat 1-2 times.



1. Sit or stand in a relaxed position with your back straight.
2. Raise your left arm straight overhead, then bent it so your left hand is on the middle of your upper back. Your biceps and forearm should be touching.
3. Reach over with your right hand and grasp your left elbow on the top so your right palm faces down.
4. Pull your elbow gently toward your right side until you feel a stretch in the left triceps.
5. Hold for 10 seconds and then repeat on the other side. Repeat 1 -2 times.



1. Begin by standing up straight with your shoulders relaxed and back.
2. Clasp your hands behind your lower back.
3. Lift your clasped hands, keeping your elbows straight, back out away from your body keeping an upright posture. Stop lifting at the point you no longer feel comfortable.
4. Hold for 15-30 seconds. Repeat 1-2 times.

Strength & flexibility

Whether you're getting ready for a 2km walk or the 10km run, a strength and flexibility program is a vital part of your training program. Complete these exercise to help you strengthen your muscles and joints and prevent injury.



1. Stand with the balls of your feet on a raised platform with legs shoulder-width apart.
2. Lower your heels toward the floor until you feel a stretch in your calves.
3. Raise yourself onto the tops of your tows keeping knees straight but not locked.
4. Complete 2-3 sets with 10 repetitions.



1. Stand with your hips, knees and feet aligned.
2. Send your hips back as your knees slide slightly forward as if sitting on a chair.
3. Lower your backside down to a comfortable level keeping the weight in the middle of your feet.
4. Raise yourself back to a standing position. Complete 2 sets with 10 repetitions.



1. Lie on your back with your feet hip-width apart and flat on the ground directly under your knees.
2. Using your bottom muscles, lift your hips toward the ceiling.
3. Hold for 3 seconds and then gently lower back down to the floor. Complete 2-3 sets with 10 repetitions.



1. Stand up straight with your feet shoulder-width apart, chin lifted and shoulders back.
2. Take a step forward with one leg, keeping your feet hip-width apart.
3. With your hips facing forward, lower your back knee towards the ground until your front knee is at a 90 degree bend (knee should not extend past your toes and back knee does not touch the floor).
4. Keeping the weight in your heels, push back into starting position. Complete 2 sets of 8-10 repetitions.

Training plans

The training plans included on the following pages will help you prepare for your WalkWest challenge, whether you're a beginner or a seasoned walker/runner.

Visit https://www.dhhs.vic.gov.au/emergencies-and-coronavirus-covid-19 for the most up to date information about restrictions

Length of your plan

We recommend training over 8-12 weeks to allow your body to get used to a steady increase in walking/running distance. If you don't have 8-12 weeks, work out how long you do have and work backwards from the event date to fit in as much training as you can.

Increase your distance gradually

It's best to build up the distance you're walking/running over time. Try to go on around two short walks/runs and one longer walk/run a week, and increase the distance on the longer walk/run each week. It's not essential to walk/run the full distance in training; the more k's you get under your belt throughout your training will prepare you for walking/running that distance on the day.

Keep it varied

Although walking is key, try and factor in at least one day of other activity to keep you motivated and improve your general fitness.

Make it fun

Vary up your walking/running route during your training or ask your friends to join you to keep things interesting.

Rest days

Rest is just as important as training. It's vital that you allow your body adequate time to recover, so make sure you schedule in enough recovery days.

How to fit training into your busy life

You may not always be able to fit in everything we've suggested in the training programs enclosed. But just a few simple changes to your lifestyle will help you find some extra training time.

For example, you could:

- Get up an hour earlier and go out for a quick walk before work
- Walk to or from work – even if it's only once or twice a week
- Get off a stop or two earlier on the bus, tram or train
- Park further away than usual and walk the rest of the way to work
- Take the stairs rather than the lift
- Walk to your local shops instead of taking the car

Walking Training Plans

The following training plans will help prepare you to walk the 2km, 5km or 10km walk challenge. You can change the days you walk to suit your schedule, just make sure you're walking the recommended numbers of times that week and are giving yourself enough rest time to recover.

2km Walk Training Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total weekly km
1	Rest	1.0km walk	Rest	1.0km walk	Strengthening	Rest	1.0km walk	3.0kms
2	Rest	1.0km walk	Rest	1.5km walk	Strengthening	Rest	1.5km walk	4.0kms
3	Rest	1.0km walk	Rest	2.0km walk	Strengthening	Rest	2.0km walk	5.0kms
4	Rest	1.5km walk	Rest	1.5km walk	Strengthening	Rest	3.0km walk	6.0kms
5	Rest	1.5km walk	Rest	2.0km walk	Strengthening	Rest	3.5km walk	7.0kms
6	Rest	1.5km walk	Rest	2.5km walk	Strengthening	Rest	4.0km walk	8.0kms
7	Rest	1.5km walk	Rest	1.5km walk	Strengthening	Rest	3.0km walk	6.0kms
8	Rest	1.0km walk	Rest	2.0km walk	Strengthening	Rest	WALKWEST	8.0kms

5km Walk Training Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total weekly km
1	Rest	1.0km walk	Rest	1.0km walk	Strengthening	Rest	1.0km walk	3.0kms
2	Rest	1.0km walk	Rest	1.5km walk	Strengthening	Rest	1.5km walk	4.0kms
3	Rest	1.0km walk	Rest	2.0km walk	Strengthening	Rest	2.0km walk	5.0kms
4	Rest	1.5km walk	Rest	1.5km walk	Strengthening	Rest	3.0km walk	6.0kms
5	Rest	1.5km walk	Rest	2.0km walk	Strengthening	Rest	3.5km walk	7.0kms
6	Rest	1.5km walk	Rest	2.5km walk	Strengthening	Rest	4.0km walk	8.0kms
7	Rest	1.5km walk	Rest	1.5km walk	Strengthening	Rest	3.0km walk	6.0kms
8	Rest	1.0km walk	Rest	2.0km walk	Strengthening	Rest	WALKWEST	8.0kms

10km Walk Training Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total weekly km
1	Rest	1.5km walk	Rest	1.5km walk	Strengthening	Rest	2.0km walk	5.0kms
2	Rest	1.5km walk	Rest	1.5km walk	Strengthening	Rest	2.0km walk	5.0kms
3	Rest	2.0km walk	Rest	2.0km walk	Strengthening	Rest	3.0km walk	7.0kms
4	Rest	2.0km walk	Rest/Strengthening	3.5km walk	Strengthening	Rest	4.5km walk	10kms
5	Rest	2.5km walk	Rest/Strengthening	3.5km walk	Strengthening	Rest	5.0km walk	11kms
6	Rest	3.0km walk	Rest/Strengthening	4.0km walk	Strengthening	Rest	6.0km walk	12kms
7	Rest	3.0km walk	Rest/Strengthening	4.5km walk	Strengthening	Rest	9.0km walk	13kms
8	Rest	3.0km walk	Rest/Strengthening	4.0km walk	Strengthening	Rest	WALKWEST	15kms

Strengthening = any activity you enjoy that improves your overall fitness

5km Run Training Plans

Beginners

Congratulations on entering your first 5km run! This training program will build your strength and endurance and get you up to speed in 8 weeks.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest, walk/run or cross train	2.0km run	Rest, walk/run or cross train	2.0km run	Rest	2.0km run	30-60min walk
2	Rest, walk/run or cross train	2.5km run	Rest, walk/run or cross train	2.5km run	Rest	2.5km run	35-60min walk
3	Rest, walk/run or cross train	3.0km run	Rest, walk/run or cross train	3.0km run	Rest	3.0km run	40-60min walk
4	Rest, walk/run or cross train	3.5km run	Rest, walk/run or cross train	2.5km run	Rest	3.5km run	45-60min walk
5	Rest, walk/run or cross train	4.0km run	Rest, walk/run or cross train	3.0km run	Rest	4.0km run	50-60min walk
6	Rest, walk/run or cross train	4.5km run	Rest, walk/run or cross train	3.0km run	Rest	4.5km run	55-60min walk
7	Rest, walk/run or cross train	4.5km run	Rest, walk/run or cross train	3.5km run	Rest	5.0km run	60min walk
8	Rest, walk/run or cross train	5.0km run	Rest, walk/run or cross train	3.5km run	Rest	Rest	WALKWEST

Intermediate

If you're comfortable running 5km and want to up the intensity, this training guide is for you. Over 8 weeks you'll improve your speed, strength and endurance.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	4.5km run	5 x 400m run	30min tempo run	Rest	6.5km run fast	60min run
2	Rest	4.5km run	30min tempo run	30min tempo run	Rest	6.5km run fast	65min run
3	Rest	4.5km run	6 x 400m run	30min tempo run	Rest	8.0km run fast	70min run
4	Rest	4.5km run	35min tempo run	30min tempo run	Rest	Rest	5.0km fast
5	Rest	4.5km run	7 x 400m run	40min tempo run	Rest	8.0km run fast	75min run
6	Rest	4.5km run	40min tempo run	40min tempo run	Rest	9.5km run fast	85min run
7	Rest	4.5km run	8 x 400m run	45min tempo run	Rest	9.5km run fast	90min run
8	Rest	4.5km run	30min tempo run	Rest or easy run	Rest	Rest	WALKWEST

Advanced

If your comfortable running 5km and want to take it to the next level, this training guide is for you. Over 8 weeks you will build up your speed, strength and endurance.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	4.5km run	5 x 400m run	Rest or easy run	30min tempo run	Rest	6.5km run fast	60min run
2	4.5km run	8 x 200m run	Rest or easy run	30min tempo run	Rest	6.5km run fast	65min run
3	4.5km run	6 x 400m run	Rest or easy run	35min tempo run	Rest	8.0km run fast	70min run
4	4.5km run	9 x 200m run	Rest or easy run	35min tempo run	Rest	Rest	5.0km fast
5	4.5km run	7 x 400m run	Rest or easy run	40min tempo run	Rest	8.0km run fast	75min run
6	4.5km run	10 x 200m run	Rest or easy run	40min tempo run	Rest	9.5km run fast	85min run
7	4.5km run	8 x 400m run	Rest or easy run	45min tempo run	Rest	9.5km run fast	90min run
8	3.5km run	6 x 200m run	30min tempo run	Rest or easy run	Rest	Rest	WALKWEST

10km Run Training Guide

Beginners

If you're comfortable running 5km and want to challenge yourself by completing your first 10km run, then this training program is for you.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & strength	4.0km run	30min cross training	3.5km run + strength	Rest	40min cross training	5.0km run
2	Stretch & strength	4.0km run	30min cross training	3.5km run + strength	Rest	40min cross training	5.5km run
3	Stretch & strength	4.0km run	35min cross training	3.5km run + strength	Rest	50min cross training	6.5km run
4	Stretch & strength	5.0km run	35min cross training	3.5km run + strength	Rest	50min cross training	6.5km run
5	Stretch & strength	5.0km run	40min cross training	3.5km run + strength	Rest	60min cross training	7.5km run
6	Stretch & strength	5.0km run	40min cross training	3.5km run + strength	Rest	60min cross training	8.0km run
7	Stretch & strength	5.0km run	45min cross training	3.5km run + strength	Rest	60min cross training	9.0km run
8	Stretch & strength	5.0km run	30min cross training	3.5km run + strength	Rest	Rest	WALKWEST

Intermediate

If you're getting comfortable running 10km and want to up the intensity this training guide is for you.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	5.0km run + strength	5.0km run	35min tempo run	5.0km run + strength	Rest	60min cross training	6.0km run
2	5.0km run + strength	5.0km run	8 x 400m sprints + 5.0km at race pace	5.0km run + strength	Rest	60min cross training	8.0km run
3	5.0km run + strength	6.0km run	40min tempo run	6.0km run + strength	Rest	60min cross training	9.0km run
4	5.0km run + strength	7.0km run	9 x 400m sprints + 5.0km at race pace	6.0km run + strength	Rest	Rest	5.0km run
5	5.0km run + strength	8.0km run	45min tempo run	5.0km run + strength	Rest	60min cross training	10km run
6	5.0km run + strength	9.0km run	10 x 400m sprints + 5.0km at race pace	6.0km run + strength	Rest	60min cross training	11km run
7	5.0km run + strength	10km run	50min tempo run	6.0km run + strength	Rest	60min cross training	12km run
8	5.0km run + strength	5.0km run	5 x 400m sprints + 5.0km at race pace	5.0km run	Rest	Rest	WALKWEST

Advanced

If you're pretty comfortable running 10km and want to take it the next level, this training guide is for you.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	5.0km run + strength	30min temp run	6 x 400m med speed	5.0km run + strength	Rest	8.0km run (3.0km race pace)	10km run
2	5.0km run + strength	40min tempo run	7 x 400m med speed	6.5km run + strength	Rest	8.0km run (3.0km at race pace)	11km run
3	5.0km run + strength	50min tempo run	8 x 400m med speed	8.0km run + strength	Rest	8.0km run (3.0km at race pace)	13km run
4	5.0km run + strength	30min tempo run	9 x 400m med speed	5.0km run + strength	Rest	Rest	5.0km run
5	5.0km run + strength	50min tempo run	10 x 400m med speed	9.5km run + strength	Rest	10km run (5.0km at race pace)	13km run
6	5 km run + strength	30 min tempo run	11 x 400m med speed	5.0km run + strength	Rest	Rest	8.0 km run
7	5 km run + strength	60 min tempo run	12 x 400m med speed	9.5km run + strength	Rest	10 km run (5 km at race pace)	16 km run
8	5 km run + strength	30 min tempo run	6 x 400m med speed	5.0km run	Rest	Rest	WALKWEST

Where to train

There are plenty of great walks to enjoy within Melbourne's West. Below are a few suggestions.

Walk	Description	Start	End	Distance
Brimbank Park Loop	Follow the Maribyrnong River as it winds around Brimbank Park then up to the escarpment for panoramic views.	Brimbark Park Keilor East	Brimbark Park Keilor East	3.5km (circuit)
Cherry Lake Circuit	A circuit walk around Cherry Lake in Altona that includes a large playground and a wildlife conservation zone.	Millers Road, Altona	Millers Road, Altona	3.5km (circuit)
Chifley Drive Circuit	Follow the Maribyrnong River along Chifley Drive to the Afton Street footbridge returning past the Essendon Rowing Club.	Anglers Tavern, Maribyrnong	Anglers Tavern, Maribyrnong	4.2km (circuit)
Cruickshank Park Loop	A circuit walk between the Austin Crescent Footbridge and the Drew Street Footbridge, running alongside the Stony Creek River.	Austin Crescent, Yarraville	Austin Crescent, Yarraville	1.1km (circuit)
Edgewater Lakes Circuit	Starting and finishing at Edgewater Estate, the walk encompasses both the North and South wetlands.	Cumberland Drive, Maribyrnong	Cumberland Drive, Maribyrnong	2.5km (circuit)
Footscray Park Wetlands Circuit	A circuit walk that crosses over the Maribyrnong River at the Hobsons Road Footbridge and the Farnsworth Avenue Bridge.	Hobsons Road Kensington	Hobsons Road Kensington	3.2km (circuit)
Hobsons Bay Coastal Trail	Starting at the Westgate Bridge Memorial Park and finishing at Altona Meadows, this walk can be undertaken in sections or done in full.	Westgate Bridge, Spotswood	Skeleton Creek, Altona Meadows	23km (one-way)
Kororoit Creek Trail	The trail winds its way through parkland in the suburbs of West Sunshine, Albion, Cairnlea and Deer Park.	Isabella Williams Reserve, Deer Park	Federation Trail, Brooklyn	15km (one-way)
Laverton Creek Trail	The trail follows the Laverton Creek in the suburbs of Laverton and Altona connecting to the Hobson's Bay Coastal Trail	Laverton Creek Bridge, Altona	Railway Avenue, Laverton	6.2km (one-way)
Newport Lakes Circuit	A bushland oasis created from a former bluestone quarry, Newport Lakes provides a leisurely walk in a tranquil bush setting.	Lakes Drive, Newport	Lakes Drive, Newport	2km (circuit)
Maribyrnong River Trail	One of Melbourne's best trails that winds its way through Melbourne's West alongside the Maribyrnong River. Can be done in sections or in full.	Brimbank Park, Keilor East	Southbank, Melbourne	28km (one-way)
Skeleton Creek Loop Trail	Part of the 20km Skeleton Creek Trail, this section is between Cheetham Wetlands and Point Cook Road.	Point Cook Rd, Point Cook	Point Cook Rd, Point Cook	6.5km (circuit)
Taylors Lakes Recreational Trail	The trail takes you through Taylors Creek Valley to parkland in Burrowye Crescent Keilor.	Rowlandson Place, Taylors Lakes	Burrowye Crescent, Keilor	8.5km (one-way)
Williamstown to Altona Foreshore Trail	Part of the 23km Hobson's Bay Coastal Trail, the Foreshore Trail stretches between Williamstown Beach all the way through to Altona Beach.	Gloucester Reserve, Williamstown	Altona Pier, Altona	8.0km (one-way)

For further information on these and other walks visit http://www.victoriawalks.org.au/

Fuelling your body

Making sure your body receives the proper nourishment before and after exercise is important to make sure you get the most of your workout. It can help to sustain your energy, reduce physical and mental fatigue and aid in optimal recovery.

Pre-exercise

Carbohydrates with a low Glycaemic Index (GI) such as wholegrains, vegetables and legumes provide a slow and steady release of energy. These are best consumed around 2-3 hours before exercising.

Carbohydrates with a higher GI, like some fruits, boost your energy levels almost immediately, and the addition of a small serving of protein (such as chicken, eggs or nuts) could enhance your staying power.

For light workouts, or if you're exercising within half an hour of eating, fruit such as berries or a banana is an ideal energy snack. A hard-boiled egg or a spoonful of tahini will also keep hunger at bay, without leaving you feeling too heavy or creating discomfort while you exercise.

A green smoothie is an excellent option for both before and after exercise as it's easy to digest and packed full of vitamins and minerals including iron, potassium and magnesium.

Quinoa flakes cooked in water or milk make a nutritious porridge, providing the perfect pre-and post- exercise combination of carbohydrates and protein. Being a seed, quinoa is easier to digest than oats and it is wheat and gluten free. Adding cinnamon, coconut flakes, berries, kiwi, hemp or chia seeds will boost protein and essential fatty acids, magnesium, iron and B vitamins for sustained energy.

The Australian Dietary Guidelines have information about the types and amounts of foods, food groups and dietary patterns you should aim for to promote optimal health and wellbeing and to reduce the risk of diet-related conditions, such as high cholesterol, high blood pressure and obesity. Visit eatforhealth.gov.au for more details.

The best ever green smoothie recipe

1. Blend 1 cup of spinach, or other leafy greens of your choice, in a blender.
2. Add 1 cup of water and blend well (until all leafy chunks are gone).
3. Toss in fruit, such as frozen mango, pineapple and bananas in the blender.
4. Blend again until smooth and creamy.
5. Serve smoothie immediately for maximum nourishment.



Post-exercise

The goal after exercise is to repair your muscles, replenish fluid and electrolytes and restore glycogen levels.

Convenient options include a smoothie or a bowl of natural Greek or coconut yogurt with nuts and seeds, plus additions such as acai berries, raw cacao powder or fruit.

If you're craving a full meal, a warm salad with protein is perfect for a post-workout lunch. Try roasted veggies such as cauliflower or sweet potato for carbohydrates, lentils for fibre, iron and B vitamins and a sprinkling of pomegranates for added Vitamin C.

Grilled salmon is also a great protein addition as its high in anti-inflammatory omega 3s which are important for supporting a healthy cardiovascular system.

On the day

The day of the event is not the time to break from your routine and try something new! A light breakfast that is high in carbohydrates and low in fat and fibre is best. Make sure you eat around two hours before your event.

Some suggestions for pre-event meals can include:

- Cereal with low-fat milk and a piece of fruit
- Pancakes with syrup and a glass of juice
- White toast with jam or honey
- Liquid meals such as a smoothie
- Sandwiches with meat filling and a piece of fruit
- Sports bar and orange juice

Whatever you choose make sure it doesn't feel heavy in your stomach and most importantly, make sure it's a breakfast you've had many times before in your training.

Quick protein & carbohydrate snack

1. Toast a piece of wholegrain bread
2. Spread a generous layer of hummus
3. Slice or mash an avocado in a bowl and layer on top of the hummus
4. Crack an egg into a small skillet and cook on low heat to your liking
5. Top the avocado with the egg
6. Add fruit chutney or a sprinkling of dukkha for added flavour



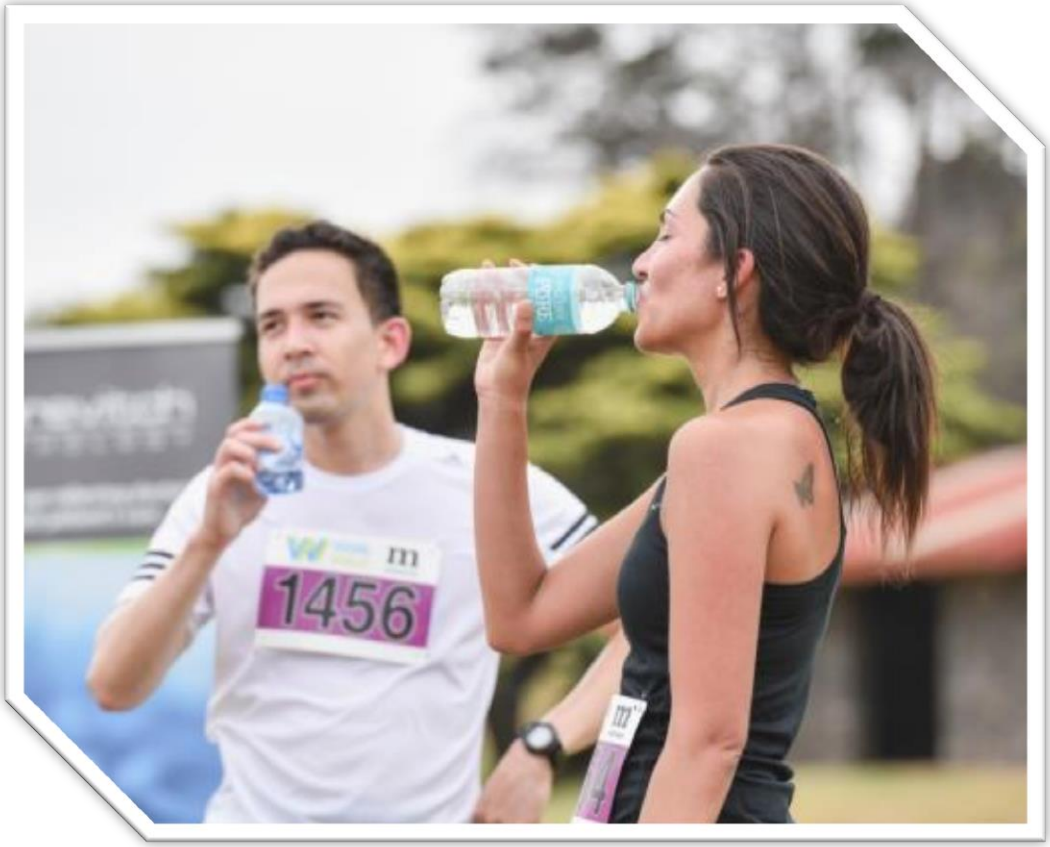
Staying hydrated

Keeping well hydrated is vital when exercising, so make sure hydration is a key part of your nutritional training program.

When you're training, drink enough fluids so that your urine is pale in colour – this is your quickest guide to know whether you're drinking enough or not. Consider also weighing yourself pre- and post- exercise to see how much water you actually lose and then aim to replace this amount.

On hot days, sweat losses can be significant. Sports drinks are suitable fluids during long training sessions as they contain carbohydrates and electrolytes along with fluid.

Beware of the warning signs of dehydration – dizziness and light-headedness, muscle cramps, nausea, headaches, dark urine, dry mouth and feelings of extreme heat.



The benefits of drinking water are many and varied and we all know we should be drinking two litres a day. But do you ever find yourself having only had a glass or two by 3pm?

Drinking water doesn't have to be boring. Check out these interesting ways to up your water intake throughout the day.

1. Add some lemon or lime - it sounds simple but a squeeze of lemon does wonders to plain water.

2. Make it sparkling - sparkling natural mineral water is a great choice when you're bored of tap water. Add half a cup of frozen berries and you've got an even better alternative to sugary drinks.

3. Make your own iced herbal tea - don't be fooled by the pre-made iced tea from the supermarket which is full of sugar. Pick up an interesting loose leaf tea from the shops, brew your own and chill.

4. Herbs and veggies - a few mint leaves and some cucumber slices can be an incredibly refreshing addition to your water on a hot day.

5. Upgrade your vessel - get yourself a new water bottle; perhaps a glass one; and you'll be inspired to take it wherever you go (and it'll save you money buying bottled water).

Top training tips

Here are some final tips to help you get the most from your training.

Walk walk walk!

Try to fit walking into your daily routine. For example, get off the bus one or two stops early, take the stairs instead of the lift, or walk to work if you can.

Keep yourself motivated

Vary up your walking/running routes each week or ask your friends to join you to keep it interesting.

Have a dress rehearsal

Practice walking/running in the clothes, shoes and backpack you're planning to walk in on event day. You want to be as comfortable as possible on the day.

Stretch it out

Remember to stretch before and after every walk.

Eat well

Make sure you're eating a healthy diet during your training with a good balance of carbohydrate, protein and plenty of vegetables during meal time. Eat a small carbohydrate snack 30-60 minutes before exercise to boost up your energy levels.

Rest up

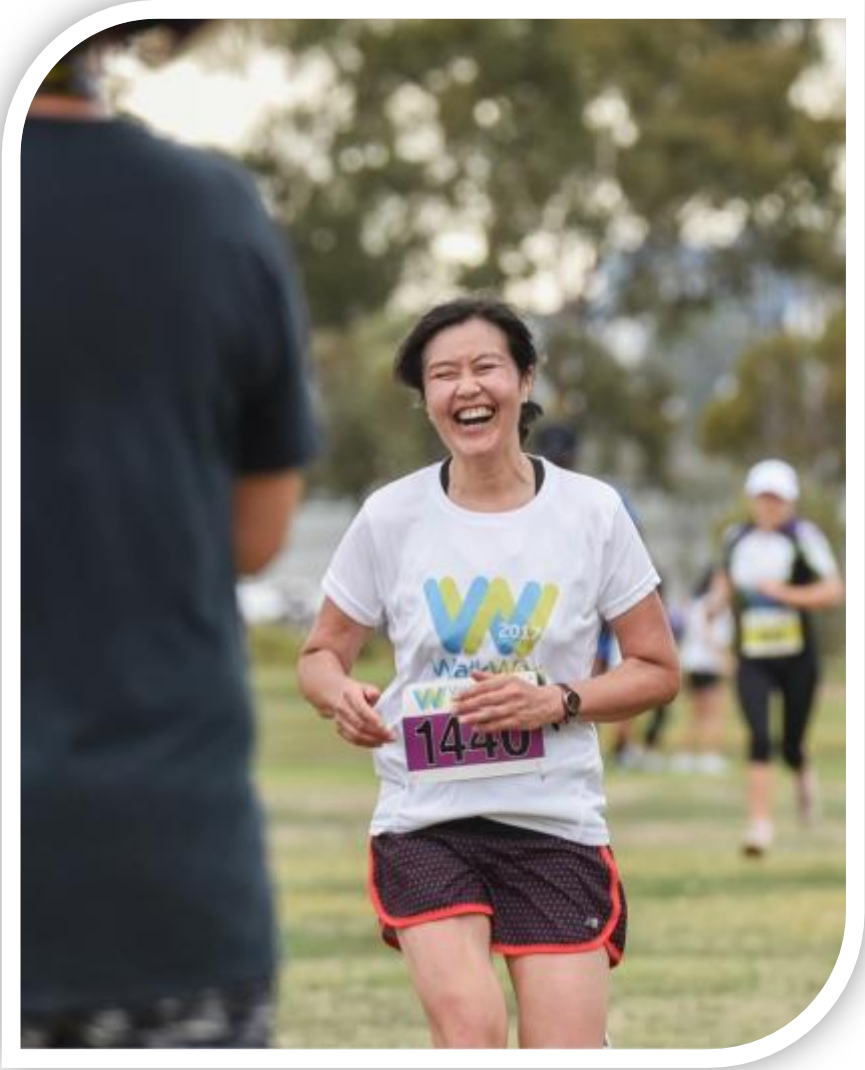
Rest is just as important as training. It's vital that you allow your body adequate time to recover, so make sure you schedule in enough recovery days.

Cross train

There is no substitute for walking. However cycling, swimming, tennis or working out at the gym for an hour or two will also help with your general fitness. Include a session in your training program.

Have fun!

Most importantly have fun. You're doing something pretty amazing by taking part in WalkWest so enjoy every minute of it! The training and preparation for the big day can be just as much fun as the day itself. If at any point it starts to get tough, remember why you are taking part and all the people you're helping to support by being involved.



Questions

If you have any questions about training for your walk or run, or you have a question about the event day, feel free to get in touch.

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