

2015

Walking Home Program

7 November 2015 • Full Length is 37 Km

August

Weeks to go	14	13	12	11
Week starting	3/8/15	10/8/15	17/8/15	24/8/15
Goal walk length for big weekly walk	2.5hrs	3hrs	3hrs	3.5hrs
Distance of at least one walk per week				15-21km

September - October

Weeks to go	6	5	4	3
Week starting	28/9/15	5/10/15	12/10/15	19/10/15
Goal walk length for big weekly walk	5hrs	5hrs	5hrs	6hrs
Distance of at least one walk per week				30-36km

September

Weeks to go	10	9	8	7
Week starting	31/8/15	7/9/15	14/9/15	21/9/15
Goal walk length for big weekly walk	3.5hrs	4hrs	4hrs	5hrs
Distance of at least one walk per week				21-30km

October - November

Weeks to go	2	1
Week starting	26/10/15	2/11/15
Goal walk length for big weekly walk	6hrs	3hrs
Distance of at least one walk per week		36km

To make the most of your Walking Home experience:

- * Plan your walk around 6km per hour
- * Don't over stride! Find your natural walking gait.
- * You should aim to walk at least every alternate day (5-10km), plus one longer walk per week. Please see walking schedule.
- * Make sure you have adequate footwear, drink plenty of water and be sun smart.
- * Practice carrying your pack, water and supplies that you will carry on the day.
- * If you feel blisters developing, stop immediately and attend to them. Blisters don't go away, they just get worse! You can try changing your socks mid-walk or try a different brand of socks.
- * Trial your clothing, as seams can create rub spots that cause discomfort.
- * Treat any muscle soreness throughout your training - seek massage, stretching etc.

Geelong's Gym supports the Walking Home Program 2015



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