

## Training Hints & Tips

If you plan to walk as a Hard Walker, Stroller or Punk Walker, you'll need to prepare yourself. No matter what type of physical condition you may be in, it is extremely important that you train. Walking along the beach for 1 mile, 5 miles or 15 miles is very different than walking those same miles on the road. We want you to have a rockin' experience.

Check out these basic tips:

**Make time** – You've made the commitment to walk. You can make time to train. If you can't walk for a long periods of time then spread it out over smaller increments of time. Your time now will make a difference on your up coming journey.

**Cross training** – You'll need to do plenty of walking, but anything else you do will help your training as well. Some cross training examples are riding a bike, yoga, golfing and jogging.

**Gear** – Wear appropriate clothing that allows your skin to breathe. If you wear synthetic fabrics your clothes will dry quicker from sweat. Always keep an extra pair of socks, as your feet need to be kept dry. Look for socks that are double layered and have synthetics. You need to be prepared for all types of weather so layering your clothing will work best. Also, wear the footwear that you trained in on the event. Don't buy a new pair of shoes just before the event.

### Suggested gear:

1. Shoes – walking or running sneakers
2. Waterproof shoes – Keen, Teva and NRS
3. Socks – synthetic or double layered
4. Water bottle
5. Hat
6. Sunscreen
7. Sun glasses
8. Clothing that allows your skin to breathe
9. Any type of pack to carry on your back or waist
10. Walking stick

**Safety** – Safety is always first priority while training and on the event. Let someone know where you are walking. Be alert to moving traffic, bikes and other pedestrians. Always carry proper identification and a cell phone, but don't speak on your cell phone while you are walking. Stop and make phone calls.

**Hydration & Nutrition** – Eating and drinking are important factors in maintaining your health on long and short walks. Staying hydrated is important as you walk various distances. You'll need to balance water with sports drink, and keep some type of salty snack with you. No matter what the weather may be, you should always drink plenty of liquids but be careful not to over hydrate.

**Stretching** – Always stretch before, during and after each walk.

**Contact us** – Contact us at [info@saragoodwin.org](mailto:info@saragoodwin.org) with any questions about training. We want you injury free!

## **TRAINING**

### **Hard Walkers: Walking 15-miles**

Schedule

Walk 4 days a week

Cross Train 1 day a week

Rest 2 days a week

We suggest walking increased miles on Saturday and Sunday

The day you start your training should be the distance you feel most comfortable walking. For example, if you feel that you can walk 4 miles a day, then start there. What matters is that you are walking and building your miles. It's important to walk your longer miles back to back. You want to condition your body for walking three consecutive 15mile days of beach walking. You will need to train on the beach and road.

### **Strollers: Walking 5 miles**

Start walking at your own pace. For example, if you've been walking 30 - 40 minutes a day, then start there. What matters is that you are walking and building your miles. Continue to increase your minutes of 35 - 55 minutes and then increase to 45 - 70 minutes. You want to condition your body to walk 5 miles on the beach. You will need to train on the beach and road.

### **Punk Walkers: Walking 1 mile**

If you are joining us for the Punk Walk, please make sure you and your children stretch before walking. Walking 1 mile on the beach is more challenging than walking on the road. Please make sure you hydrate, wear proper gear and enjoy yourself.