

C2S 2024

The "Walk of Life" plan

BUILD
SLOWLY

BE
PATIENT

CONTROL YOUR
INTENSITY

ENJOY THE
PROCESS

WEEK 1

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				<p>Righto, welcome, let's start.</p> <ul style="list-style-type: none"> The "Walk of Life" plan is a walking program. I listed the sessions that hopefully match your lifestyle schedule. Add further 'walking' sessions on the unlisted days if you wish. Check out your 'intensity' guidelines at the bottom of the program – this is key. We're not here to blow the doors off. All sessions can be performed outside or using a treadmill. Feel free to move sessions around to suit your lifestyle best. Please note the inclusion of supplementary sessions – core, stretching etc.
Tues	Press Walk	Medium	30	<p>Hold 'your' medium effort (intensity). A 15 min out & back is often best. "Press Walk" - a strong, brisk walk just short of a shuffle.</p>
Weds				
Thurs	Press Walk Core Set	Medium	30	<p>Throw on the tunes, and off you go. Your favourite music can provide the consistent workout inspiration you need. Add the 6-minute core exercise to the conclusion of your walking workout.</p>
Fri				

Sat	Press Walk	Medium	50	Pace yourself with your first more extended session. Drink (water) immediately after finishing. Your three crucial sessions are finished and loaded.
Sun				

WEEK 2

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press Walk	Medium	30	Building your fitness requires consistency, not sporadic "harder" workouts. While changing up your training path from week to week might provide diversity and interest, staying on the same course guarantees weekly (timetrial) testing.
Weds				
Thurs	Press Walk Core Set	Medium	30	Be sure to include some hills in today's session (if possible). Guard your 'medium' intensity on the ascents. This program encourages constant "medium" effort. You should be finishing every session believing you could keep going. Add the core set.
Fri				
Sat	Press Walk Stretch Set	Medium	50	Keep to the schedule; 50 minutes at your medium effort is plenty. Add the Stretch Set at the end of your training session.
Sun				

WEEK 3

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press Walk	Medium	30	Put on warmer clothing first and remove it when your body temperature rises naturally. A 15 min out & back is often best.
Weds				
Thurs	Press Walk Core Set	Medium	40	Find some hills to walk up and back, hard, for 20/40 minutes; this is a great training exercise.

				Hills naturally strengthen your legs, hips & back. Add the Core Set.
Fri				
Sat	Press Walk Stretch Set	Medium	50	Be sure to pace out appropriately. Your outpace should enable you to cross the finish line strongly. Again, your three listed sessions will build your fitness appropriately and safely. Add the Stretch Set.
Sun				
WEEK 4				
DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press Walk Core Set	Medium	30	30 press, adding the core set.
Weds				
Thurs	Press Walk Core Set	Medium	40	Either continue with your hilly press walk, or, Shuffle:Walk @ 1 min shuffle: 4 min Press Walk = 5 mins x 8 = 40 mins. Your feet should remain low to the ground throughout the shuffle, and you should take extremely small strides while moving at roughly the same speed as you would during a press walk. Perhaps trial this session on grass. It's often best to start with one-minute shuffling followed by 4 minutes of press walk – repeat. The short stride shuffle decreases the impact costs of a regular running stride. A safe run will build your fitness faster than walking alone and boost your confidence. Core Set.
Fri				
Sat	Press Walk Stretch Set	Medium	60	One hour on your feet.

				Dress accordingly, choose your favourite music and pair of socks, hit play, and get moving. Place your kicks at the door in readiness for tomorrow's short session. Stretching Set.
Sun	Press Walk	Easy	20	Throw in an additional easy 20 minutes to round out the week. I like to practice this easy Sunday recovery session barefoot and on grass. Barefoot is a safe way to strengthen you're your feet.

WEEK 5

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press Walk Core Set	Medium	30	Finish your 30 min steady effort session with the Core set. Feel to continue with your shuffle:walk ratio. Using a 4W:1R on repeat is typically best.
Weds				
Thurs	Press Walk Stretch Set	Medium	40	A hilly press walk 'or' shuffle:walk. Stretch Set
Fri				
Sat	Press Walk Stretch Set	Easy/Medium	75	We will build up our weekend 'long' sessions from here. If you have 75 rhythmic minutes to track, make sure to start slowly and work up to your "all-day" pace. It's often a good idea to eat immediately after finishing. Don't forget to stretch.
Sun	Press Walk	Easy	30	When suitable, doing back-to-back training sessions will undoubtedly improve your long-term fitness. Plan, kit up, and get moving. Knocking it over first thing in the morning is typically best. Feel to continue with your shuffle:walk ratio.

WEEK 6

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				

Tues	Press Walk Core Set	Medium	30	Try to push this workout a little harder while keeping in mind the intensity recommendation. If you cover the same course, week to week, make today at personal best time. Feel to continue with your shuffle:walk ratio. Core Set
Weds				
Thurs	Press Walk Stretch	Medium	40	A hilly press walk or shuffle:walk @ 2 shuffle: 3 brisk walk - repeat. Increase the shuffle ratio if you feel more confident on your feet during the shuffle portion. Ideally, the more shuffling, the better – providing you avoid post-session injury, sickness or extreme hunger (for sugar). Stretch
Fri				
Sat	Press Walk Stretch	Easy/Medium	90	A water stop of two throughout is a good idea. Hold your all-day pace. Stretch
Sun	Press Walk	Easy	30	Not long to go now. This shorter session is hugely beneficial for your collective fitness. Feel to continue with your shuffle:walk ratio – a grassy session might be the best today.

WEEK 7

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press Walk Core Set	Medium	30	Work strongly today.
Weds				
Thurs	Press Walk Core Set	Medium	40	A hilly press walk or shuffle:walk @ 2 shuffle: 3 brisk walk - repeat.
Fri				

Sat	Press Walk Stretch	Easy/Medium	100	100 is the mark. Log 100 minutes of continuous movement. Finishing this session healthy will give you confidence.
Sun	Press Walk	Easy	45	Your last double session, and yes, 45 minutes is needed. Hang in there.

WEEK 8

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				Race week. Stay healthy. Don't cram training. Eat cleanly.
Tues	Press Walk	Medium	30	Try to beat your best time.
Weds				
Thurs	Press Walk	Medium	30	Just keep it steady.
Fri				
Sat	Press walk	Easy/Medium	30	Just a short Captain's run. Loosen up for tomorrow's Funday.
Sun	RACE DAY		Doesn't matter	<ul style="list-style-type: none"> ✓ No tricks. ✓ Start nice and easy. ✓ Build up to 'YOUR' all-day pace. ✓ Enjoy water at each aid station, perhaps a tiny sip of sports drink. ✓ Enjoy the views. ✓ Take it easy up the hill. ✓ Press to the finishing line. Congratulations.

Your intensity guides

Easy	Medium	Hard
<ul style="list-style-type: none">• You can hold entire conversations at this effort.• You should feel like you could go forever.• Upon finishing, you should feel like you could go again.• Never should you pull up sore.• Your starting warm-up effort.	<ul style="list-style-type: none">• You can answer questions in 3-4 words.• You're working but not blowing.• You produce manageable body heat and perhaps a lite sweat.• On finishing, you could keep going, but you know it's been a solid session.	<ul style="list-style-type: none">• You can only hold this effort for 2-3 minutes.• You are working vigorously.• You are catching your breath.• There is little value in the gold program venturing up this effort level.