

65km for Cystic Fibrosis Training Program

Walking 65km is tough. To participate successfully in the event and get the most out of the experience you are going to need to do some training.

The most important type of training for an extended trek like ours is regular, LONG walks. This will train your body's systems for the unique demands of endurance events - metabolising food on the go, burning fat, etc.

You will probably find that the easiest time to schedule a long walk is on the weekend as this often fits best around work and family life, but you can choose whatever suits your schedule best.

The training program below is a guideline for beginner and intermediate-level participants and will help to train your cardiovascular system and to develop your mental strength for the challenge of 65km.



Training program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Training Tip
23/12	Walk 60 minutes	Rest	Cross- training 30 min	Walk 60 minutes	Rest or Cross- training	Walk 60 minutes	Rest or Cross- training	Use your program as motivation, pin it up somewhere visible and cross off each session when you complete it!
30/12	Walk 90 minutes	Rest	Cross- training 30 min	Walk 60 minutes	Rest or Cross- training	Walk 60 minutes	Rest or Cross- training	Ensure you stretch after each session to improve flexibility and to aid recovery
6/1	Walk 120 minutes	Rest	Cross- training 45 min	Walk 75 minutes	Rest or Cross- training	Walk 60 minutes	Rest or Cross- training	Ensure you are using the clothes/shoes/food you will be using in the event, so you are prepared
13/1	Walk 180 minutes	Rest	Cross- training 45 min	Walk 75 minutes	Rest or Cross- training	Walk 60 minutes	Rest or Cross- training	Take an iPod or mp3 player on your walks to help pass the time
20/1	Walk 240 minutes	Rest	Cross- training 45 min	Walk 90 minutes	Rest or Cross- training	Walk 60 minutes	Rest or Cross- training	Walk with others! Find other people who are participating and offer to train with them!
27/1	Walk 300 minutes	Rest	Cross- training 45 min	Walk 90 minutes	Rest or Cross- training	Walk 60 minutes	Rest or Cross- training	Reward yourself! If you get through three weeks without missing a session, have an ice cream or your favourite not-so-healthy meal- you've earned it!
3/1	Walk	Rest	Cross-	Walk	Rest or	Walk	Rest or	Make sure your walks are planned. Put

	180 minutes		training 45 min	75 minutes	Cross- training	60 minutes	Cross- training	them in your diary if needed, anything to make sure they aren't missed
10/2	Walk 420 minutes	Rest	Cross- training 30 min	Walk 75 minutes	Rest or Cross- training	Walk 60 minutes	Rest or Cross- training	Test out your nutrition and hydration to find what works and doesn't upset your stomach! Don't try something new on the day of the event!
17/2	Walk 180 minutes	Rest	Cross- training 30 min	Walk 60 minutes	Rest or Cross- training	Walk 60 minutes	Rest or Cross- training	Don't train too hard with 1-2 weeks to go; your fitness won't improve and you will tire yourself out for the day
24/2	Walk 60 minutes	Rest	Cross- training 30 min	Walk 30 minutes	Rest	Rest	65K for CF!	Enjoy and make the most of the event! Follow this program and you will fly through with your head held high!

Notes:

- The days are a suggestion only, feel free to put your long walk on whichever day suits you, as long as there is a rest day immediately afterwards and not a walk the day before.
- Cross-training means any activity other than walking, such as riding a bike, going for a swim or working out in the gym
- When it says rest, it doesn't necessarily mean you have to sit on the couch all day, just try to save your energy!
- It can't be emphasized enough but make sure you turn up on the day in clothing that you have already worn on long walks before. You do not want to get a blister from new shoes or chafing from a tight T-shirt; that could have been solved by preparing properly.
- There is very little you can do to improve your fitness in the last 1-2 weeks prior to an event; hopefully you have already done all the hard (and long) yards and can now focus on rest, nutrition, and hydration to maintain your peak performance... ready for the big day! Too often people try to squeeze in a few extra sessions in the last few weeks hoping to gain an advantage but this is the worst thing you can do; often leaving you overtrained and at risk of injury or illness... not the ideal conditions for achieving your best.