

Walking training schedules

My
Marsden
March
Anytime. Anywhere.

We've put together training schedules for beginner, intermediate and advanced walkers to make sure you are fully prepared for your My Marsden March challenge. Each walking plan helps you gradually increase your walking distance over a period of 10 weeks.

The first training schedule is for absolute beginners who want to walk up to 6 miles. The second is for beginners with some experience who want to build up to walking 10 miles. The next couple are for intermediate walkers who have an increased level of fitness and condition and who want to walk between 13 to 20 miles. The last is for advanced walkers who want an intense training plan that will help them progress to walking 26 miles or more.

Clothing

We have listed some clothing we think is essential for your walk:

- Suitable footwear – take professional advice on how to pick the right footwear for you
- Walking socks made from wicking material
- Comfortable shorts for hot days, or longer ¾ or full length trousers when colder
- Waterproof over trousers that can be put on over your shoes and boots if it rains
- Lower leg gaiters to keep the bottom of the trousers dry
- Base layer made from wicking material
- Mid layer fleece of appropriate thickness
- Good waterproof and windproof jacket that's roomy with easily accessible pockets, or lighter jacket for milder conditions
- Cap, hat or balaclava.

Equipment

You will also need to consider this equipment to help you with your walk:

- Sunglasses with good UVA/UVB filtering
- Sunscreen and lip balm
- Drinks and snacks
- Map, compass and whistle
- First aid kit
- Mobile phone
- A daypack or rucksack.

For longer walks, we also recommend you consider these for your kit list:

- Spare clothing (fleece, socks, hat and gloves)
- Extra food and drink
- Torch
- GPS
- Insect repellent
- Pen knife
- Space blanket or survival bag.

Weather

Consider the weather conditions. It's important to take into account the potential weather conditions when choosing your kit. Hill weather can change very rapidly and is usually colder, windier and wetter than lower areas. And if the forecast is for hot weather, consider taking extra water with you, and wearing lightweight clothing made from wicking material.

Cross training

Tired of Training? Inclement weather? Slight injury niggles? Cross training is to vary your training – try swimming, biking, aerobic classes, racewalking, gym etc. – just so long as you do a cardiovascular exercise to the amount of minutes specified in your training plan.



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Thank you to Anne Davidson Fitness for kindly writing this training guide.

Please feel free to contact Anne Davidson, FTST, IIHHT, Consultant in Sports & Exercise Medicine, with any questions:
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The
**ROYAL
MARSDEN
Cancer Charity**

Walks and treks FAQs

As you get ready for your event, we've pulled together answers to some of the most common questions our walkers ask to help you get started.

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How fast should I walk?

Walking speed will depend on your level of fitness and walking experience. Difficult terrain or travelling uphill and downhill also affects your overall speed.

Assuming a level and firm pathway some general guidelines can be given below.

An average walking pace on country and forestry footpaths is:

20 minutes per mile (3 miles per hour)

12 minutes per kilometre (5 kilometres per hour).

For a person with good fitness, an approximate moderate walking pace:

15 minutes per mile (4 miles per hour)

9 minutes per kilometre (6.4 kilometres per hour).

A fast walking pace or speed is:

12 minutes per mile (5 miles per hour)

7.5 minutes per kilometre (8 kilometres per hour).

Should I wear walking boots or shoes?

Unless you're going over rocky terrain, rugged paths, deep snow or thick mud then shoes are preferable to walking boots. Suitable shoes provide a more normal foot action and allow a faster walking pace.

Tips for choosing the right shoe:

Buy your shoes at a competent sports shop.

Try your shoes on with the socks you will wear whilst walking.

Ensure the shoes are lightweight, breathable with a well-cushioned heel area. The mid sole should not be stiff but flexible enough to allow a natural rolling action to the step.

If you are likely to walk in wet conditions then the extra expense on waterproof but breathable shoes (such as Goretex) will be beneficial.

How does walking compare with running?

General health and fitness is improved by walking, but to maximise the cardiovascular benefit it's necessary to raise the heart rate by walking at speed or uphill.

Running will generate a greater increase in fitness and with the training sessions usually taking less time. However, running does place more stress on the body and therefore walkers generally suffer fewer injury problems.

What are the benefits of using walking poles?

There are a significant number of benefits to be gained by using poles.

Use of poles:

- Causes a higher heart rate than normal walking at the same pace
- Burns 20%-45% more calories than normal walking
- Makes walking a total body workout utilising 90% of your muscles
- Reduces the load by up to 30% on knees, hips and other joints
- Enhances balance and stability on uneven and slippery surfaces
- Provides extra power for ascending hills and helps on descents.

Can I walk with my friend who is much slower?

It is sometimes more enjoyable to walk with a friend. If they walk at a slower speed than you, an option is to select a route that has the possibility of short detours. You can then occasionally part company with the faster walker detouring away on a slightly longer loop before joining up again. If contemplating this option, ensure you have very clear and concise instructions about where you will join up.

Should I go walking if I feel ill?

If your cold symptoms are above the neck (a head cold with runny nose, tired eyes or sneezing) then a gentle walk without elevating the heart rate too much can be beneficial. If your symptoms are below the neck (swollen glands and aching body) then it's advisable to refrain from exercise until the symptoms have subsided. If you are unsure please seek advice from your GP.

This training guide, written by Anne Davidson, offers advice on preparation steps to make your whole experience that much more enjoyable. Consult your doctor before undertaking a new exercise routine, especially if you have an existing medical condition. This is your responsibility and The Royal Marsden Cancer Charity cannot be held liable. We cannot take any responsibility for injuries/illnesses/accidents that may occur when following this guide. If unsure/unwell, stop and seek professional help immediately.





Walking training plan for beginners – up to 6 miles



This training plan is suitable for absolute beginners. It is designed to build you up to walking for 60-70 minutes, which will equate to about 4 miles. You can gradually increase the time of your longest training session until you are able to walk up to 6 miles.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 10 mins slow pace	Walk 10 mins medium pace	Walk 10 mins medium pace	Rest	Walk 15 mins slow pace	Walk 10 mins medium pace	Walk 20 mins slow pace
2	Rest	Walk 15 mins slow pace	Walk 15 mins slow pace	Walk 15 mins slow pace	Rest	Walk 15 mins slow pace	Walk 25 mins slow pace
3	Rest	Walk 15 mins medium pace	Walk 15 mins medium pace	Walk 10 mins medium pace	Walk 15 mins slow pace	Walk 10 mins medium pace	Walk 30 mins slow pace
4	Rest	Walk 10 mins fast pace	Walk 15 mins medium pace	Walk 20 mins slow pace	Walk 20 mins slow pace	Walk 10 mins medium pace	Walk 40 mins slow pace
5	Rest	Walk 15 mins slow pace	Walk 15 mins medium pace	Walk 20 mins slow pace	Walk 20 mins slow pace	Walk 15 mins slow pace	Walk 30 mins slow pace
6	Rest	Walk 10 mins fast pace	Walk 15 mins medium pace	Walk 20 mins medium pace	Walk 20 mins slow pace	Walk 10 mins fast pace	Walk 40 mins slow pace
7	Rest	Walk 15 mins fast pace	Walk 20 mins slow pace	Walk 15 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 40 mins medium pace
8	Rest	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 20 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 50 mins medium pace
9	Rest	Walk 20 mins fast pace	Walk 20 mins medium pace	Walk 20 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 60 mins medium pace
10	Rest	Walk 25 mins fast pace	Walk 15 mins medium pace	Walk 20 mins fast pace	Walk 20 mins medium pace	Walk 15 mins medium pace	Walk 70 mins medium pace ENJOY yourself!

This training plan was kindly written by Anne Davidson, Consultant in Sports & Exercise Medicine, www.annedavidsonfitness.co.uk



Walking training plan for beginners – 10 miles



This training plan is designed for people who can already walk approximately 6 miles at a slow pace. It is designed to build you up to walking 10 miles.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 4 miles medium pace	Cross training 30 mins	Rest	Walk 3 miles slow pace	Walk 5 miles fast pace
2	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 30 mins	Rest	Walk 4 miles fast pace	Walk 6 miles medium pace
3	Walk 3 miles slow pace	Walk 4 miles fast pace	Walk 5 miles medium pace	Cross training 40 mins	Rest	Walk 3 miles fast pace	Walk 8 miles medium pace
4	Walk 3 miles slow pace	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 40 mins	Rest	Walk 4 miles slow pace	Walk 6 miles fast pace
5	Cross training 40 min	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 50 mins	Rest	Walk 3 miles fast pace	Walk 8 miles medium pace
6	Cross training 40 min	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 50 mins	Rest	Walk 4 miles slow pace	Walk 8 miles fast pace
7	Rest	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 3 miles fast pace	Walk 9 miles medium pace
8	Cross training 40 min	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 4 miles slow pace	Walk 9 miles fast pace
9	Rest	Walk 5 miles medium pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Rest	Walk 4 miles fast pace	Walk 6 miles medium pace
10	Cross training 30 mins	Walk 5 miles medium pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Rest	Walk 3 miles slow pace	Walk 10 miles medium pace ENJOY yourself!

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Walking training plan for intermediates – 13 miles



Intermediate level walking requires an increased level of fitness and condition. This training plan is designed to build you up to walking 13 miles.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 4 miles medium pace	Cross training 30 mins	Rest	Walk 3 miles slow pace	Walk 6 miles medium pace
2	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 30 mins	Rest	Walk 4 miles fast pace	Walk 6 miles fast pace
3	Walk 3 miles slow pace	Walk 4 miles fast pace	Walk 5 miles medium pace	Cross training 40 mins	Rest	Walk 3 miles fast pace	Walk 8 miles medium pace
4	Walk 3 miles slow pace	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 40 mins	Rest	Walk 4 miles slow pace	Walk 8 miles fast pace
5	Cross training 40 mins	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 50 mins	Rest	Walk 3 miles fast pace	Walk 10 miles medium pace
6	Cross training 40 mins	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 50 mins	Rest	Walk 4 miles slow pace	Walk 10 miles fast pace
7	Rest	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 3 miles fast pace	Walk 12 miles medium pace
8	Cross training 40 mins	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 4 miles slow pace	Walk 12 miles fast pace
9	Rest	Walk 5 miles medium pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Rest	Walk 4 miles fast pace	Walk 6 miles medium pace
10	Cross training 30 mins	Walk 5 miles medium pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Rest	Walk 3 miles slow pace	Walk 13 miles medium pace ENJOY yourself!

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Walking training plan for intermediates – 20 miles



Intermediate level walking requires an increased level of fitness and condition. This training plan is designed to build you up to walking 20 miles.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 30 mins	Rest	Walk 3 miles slow pace	Walk 8 miles fast pace
2	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 40 mins	Rest	Walk 4 miles fast pace	Walk 10 miles medium pace
3	Walk 3 miles slow pace	Walk 4 miles fast pace	Walk 5 miles medium pace	Cross training 50 mins	Rest	Walk 3 miles fast pace	Walk 12 miles medium pace
4	Walk 3 miles slow pace	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 4 miles slow pace	Walk 10 miles fast pace
5	Cross training 40 mins	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 3 miles fast pace	Walk 12 miles medium pace
6	Cross training 40 mins	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 4 miles slow pace	Walk 15 miles medium pace
7	Rest	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 3 miles fast pace	Walk 10 miles medium pace
8	Cross training 40 mins	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 4 miles slow pace	Walk 18 miles medium pace
9	Rest	Walk 3 miles fast pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Rest	Walk 4 miles fast pace	Walk 10 miles medium pace
10	Cross training 30 mins	Walk 3 miles fast pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Rest	Walk 3 miles slow pace	Walk 20 miles medium pace ENJOY yourself!

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Walking training plan for advanced – 26-30 miles



This plan will help you prepare for distances of 26 miles or more, and progress to multi-day trekking. At this level it's likely that much of your trekking will be on hills and across fields.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross training 40 mins	Walk 3 miles fast pace	Walk 6 miles intervals*	Cross training 60 mins	Rest	Walk 10 miles medium pace	Walk 6 miles fast pace
2	Cross training 40 mins	Walk 3 miles fast pace	Walk 6 miles intervals*	Cross training 60 mins	Rest	Walk 10 miles fast pace	Walk 10 miles medium pace
3	Cross training 40 mins	Walk 3 miles fast pace	Walk 6 miles intervals*	Cross training 70 mins	Rest	Walk 12 miles intervals*	Walk 10 miles fast pace
4	Cross training 40 mins	Walk 3 miles fast pace	Walk 6 miles intervals*	Cross training 80 mins	Rest	Walk 10 miles slow pace	Walk 8 miles fast pace
5	Cross training 40 mins	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 60 mins	Rest	Walk 15 miles intervals*	Walk 6 miles medium pace
6	Cross training 40 mins	Walk 5 miles medium pace	Walk 8 miles intervals*	Cross training 90 mins	Rest	Walk 10 miles medium pace	Walk 8 miles fast pace
7	Cross training 40 mins	Walk 5 miles medium pace	Walk 6 miles intervals*	Cross training 90 mins	Rest	Walk 15 miles intervals*	Walk 10 miles medium pace
8	Cross training 40 mins	Walk 5 miles medium pace	Walk 8 miles intervals*	Cross training 90 mins	Rest	Walk 10 miles medium pace	Walk 10 miles medium pace
9	Cross training 30 mins	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 60 mins	Rest	Walk 15 miles intervals*	Walk 12 miles medium pace
10	Cross training 30 mins	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 60 mins	Rest	Walk 3 miles medium pace	Walk 26-30 miles medium- pace ENJOY yourself!

* interval training refers to alternating between fast and medium paced exercise

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