

## 6 week 5km Walking Programme (6 weeks)

A 6 week programme building towards a 5km walk with some cycling, swimming, and a restorative session blended in.

EVERFIT Coaching Philosophy - Blend the training in around life so it doesn't add to the stress load. If possible organise to complete sessions with good training buddies out in the beautiful environment. Enjoy the training journey!

Please feel free to connect with EVERFIT coaching on FACEBOOK ([www.facebook.com/everfitcoaching](http://www.facebook.com/everfitcoaching)), Instagram ([everfitcoaching](https://www.instagram.com/everfitcoaching)), and online ([www.everfit.co.nz](http://www.everfit.co.nz))

Happy Training,

Brad Dixon (EVERFIT Coach & Physiotherapist)

Week 1 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Beginner Swim 1900m (Free and back)</b> Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD with pads + pull (with CONTROL) on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p><b>Cruisy Form Focused Walk (Strength phase)</b> Walking EASY walk focusing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and purposeful arm swing. Schedule in some mild rises and descents please in middle of walk.  5min warm down to EASY including side to side, and backwards walking to loosen the supporting muscles, change the plane of movement and loosen the hip joints. 00h:20m</p>	<p><b>RESTORATIVE session: Body Balance, Pilates or Yoga Class</b> Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p><b>Speed Walk</b> Walking Anaerobic Session 10min wu EASY - STEADY 2 x 4min on the flat MODHARD / your 5km pace with 1-2min EASY walk inbetween - AIM for upright stance and purposeful arm swing. 10min STEADY - EASY wd with side to sides, and backwards walking to offload. 00h:30m <a href="#">View Video</a></p>	<p><b>EASY cycle indoors or outside.</b> Cycling RECOVERY 5min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs in preparation for the long run on the weekend. 00h:30m</p>	<p><b>Long Controlled Walk</b> Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 00h:40m</p>	<p><b>REST DAY/family day</b> Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 2 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Beginner Swim 1900m (Free and back)</b> Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD with pads + pull (with CONTROL) on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p><b>Cruisy Form Focused Walk (Strength phase)</b> Walking EASY walk focusing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and purposeful arm swing. Schedule in some mild rises and descents please in middle of walk.  5min warm down to EASY including side to side, and backwards walking to loosen the supporting muscles, change the plane of movement and loosen the hip joints. 00h:25m</p>	<p><b>RESTORATIVE session: Body Balance, Pilates or Yoga Class</b> Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p><b>Speed Walk</b> Walking Anaerobic Session 10min wu EASY - STEADY / your 5km pace with 1-2min 3 x 4min on the flat MODHARD EASY walk inbetween - AIM for upright stance and purposeful arm swing. 10min STEADY - EASY wd with side to sides, and backwards walking to offload. 00h:35m <a href="#">View Video</a></p>	<p><b>EASY cycle indoors or outside.</b> Cycling RECOVERY 5min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs in preparation for the long run on the weekend. 00h:30m</p>	<p><b>Long Controlled Walk</b> Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 00h:50m</p>	<p><b>REST DAY/family day</b> Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 3 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Beginner Swim 1900m (Free and back)</b> Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD with pads + pull (with CONTROL) on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p><b>Cruisy Form Focused Walk (Strength phase)</b> Walking EASY walk focusing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and purposeful arm swing. Schedule in some mild rises and descents please in middle of walk.  5min warm down to EASY including side to side, and backwards walking to loosen the supporting muscles, change the plane of movement and loosen the hip joints. 00h:30m</p>	<p><b>RESTORATIVE session: Body Balance, Pilates or Yoga Class</b> Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p><b>Speed Walk</b> Walking Anaerobic Session 10min wu EASY - STEADY / your 5km pace with 1-2min 4 x 4min on the flat MODHARD EASY walk inbetween - AIM for upright stance and purposeful arm swing. 10min STEADY - EASY wd with side to sides, and backwards walking to offload. 00h:40m <a href="#">View Video</a></p>	<p><b>EASY cycle indoors or outside.</b> Cycling RECOVERY 5min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs in preparation for the long run on the weekend. 00h:30m</p>	<p><b>Long Controlled Walk</b> Walking Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards walking to offload and aid recovery. 01h:00m</p>	<p><b>REST DAY/family day</b> Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>



Week 5 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Beginner Swim 1900m (Free and back)</b> Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD with pads + pull (with CONTROL) on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p><b>Cruisy Form Focused Walk</b> Walking EASY walk focusing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and purposeful arm swing.  5min warm down to EASY including side to side, and backwards walking to loosen the supporting muscles, change the plane of movement and loosen the hip joints. 00h:20m</p>	<p><b>RESTORATIVE session: Body Balance, Pilates or Yoga Class</b> Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p><b>Speed Walk</b> Walking Anaerobic Session 10min wu EASY - STEADY 4 x 2min on the flat MODHARD / your 5km pace with 1-2min EASY walk inbetween - AIM for upright stance and purposeful arm swing. 10min STEADY - EASY wd with side to sides, and backwards walking to offload. 00h:35m <a href="#">View Video</a></p>	<p><b>EASY cycle indoors or outside.</b> Cycling RECOVERY 5min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs in preparation for the long run on the weekend. 00h:30m</p>	<p><b>Long Controlled Walk</b> Walking Aerobic Endurance - laying the platform 5min wu EASY Then build into STEADY rhythm over FLAT terrain. The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming heavy. 4 x 30sec uptempo (5km pace) with 30sec EASY inbetween 5min wd EASY with some side to side and backwards running to offload. 00h:30m</p>	<p><b>REST DAY/family day</b> Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 6 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swim - Restorative EASY</b> Lap Swimming Restoration, technique, efficiency. 600m wu EASY every 4th length NOT free 8 x 50m drill (one arm, head up, kick on side, fists) 600m SLOW 2,3,5 breathing every 50m (focus on head down, whole body rotation, and pushing back past the hip) MAKE every stroke a masterpiece :) 200m kick fins 100m wd mix stroke. 00h:45m</p>	<p><b>Cruisy Form Focused walk with 4 x 1 min "uptempo"</b> Walking EASY walk with race uptempo EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and lovely arm swing. 4 x 1 min uptempo - controlled speed with 30sec EASY inbetween.  5min warm down to EASY including side to side, and backwards walking to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:20m</p>	<p><b>RESTORATIVE session: Body Balance, Pilates or Yoga Class</b> Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p><b>Cruisy Form Focused Walk</b> Walking EASY walk focusing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and purposeful arm swing.  5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:20m</p>	<p><b>Pre Race Planning and Positive Thoughts</b> Custom Pre Race Prep Make sure you have a good idea of the course and where drink stations are situated. Have an idea of what pace you want to go out at (the previous 6 weeks training will give you a good idea). You have done the best you could with the training over the past 6 weeks - ENJOY the race! 00h:00m</p>	<p><b>Hawaiian Airlines Mt. Maunagnui 5km walk</b> Race RACE Warm up with 5min of walking, then 4 x 100m uptempo at your 5km pace. Keep moving in starting chute before the start. Stick to your planned RACE pace. Hold form as the race goes on. For the last 2km think "upright posture" "stay tall" "light feet" "don't sink". ENJOY the beautiful views. 00h:50m</p>	<p><b>Recover and Reflect</b> Custom Reflection and learnings. Do 20min of EASY activity that your body feels like the day following the race. I tend to cycle or swim if the race had a running component. Then complete 5min of full body stretching eg yoga or just static stretching. I also tend to bring out the foam roller and reflex ball for my feet.  Please also note down 3 things that went well and 3 aspects to improve for your own learning. 00h:30m</p>