



• HEADSTART •



'motivational group fitness training'

The Marsden March

Challenge events such as The Marsden March are hugely rewarding in so many ways - if you haven't signed up yet...

[click here](#)



At *Headstart* we have been supporting The Royal Marsden for over 10 years and are proud to be able to offer our support once again. This training guide sets offers advice on preparation steps to make your whole experience that much more enjoyable.

Mark Smith, Director of Headstart Sports, and author of this guide, is a long-time Royal Marsden supporter and fundraiser - including treks in Peru & China, cycles in Vietnam & Cuba, and four Marathons.

Consult your doctor before undertaking a new exercise routine, especially if you have an existing medical condition. This is your responsibility & we cannot be held liable.

Walking... A step-by-step guide

COMMIT YOURSELF

Once you have signed up, start to tell people what you are doing. Telling friends, family and work colleagues what we plan to do commits us to going through with our promises. It will also help with your fundraising and you may even convince them to sign up too!

GET THE RIGHT FOOTWEAR

Walking shoes should be comfortable yet supportive, especially around the ankle. Laces should be tightened evenly from bottom to top and not tied restrictively. Your feet will expand as they get warm. Likewise, well-fitted walking socks (and spares!) will help, reducing the chances of blisters. Trekking poles may also help reduce the strain on legs and knee joints.

FOLLOW YOUR PLAN

Everyone will have their own individual fitness levels and it is important to recognize these and be realistic with the targets you set yourselves. The most important thing is not how fit or unfit you think you are at the moment, but that come March 27th 2011, you are able to complete week 12 of our training guide. So start now!

LISTEN TO YOUR BODY

Soon you'll feel fitter and have more energy but if you start to feel pains during or after a walk, take time off and rest - don't let a niggle become an injury. Seek medical advice if unsure. Injuries are often caused by using inappropriate footwear, or going too far or too fast too soon. It is important to build a base over a period of time - 'you can't fire a cannon out of a canoe'!

STAY MOTIVATED

Doing the same thing over and over can become very monotonous and demoralizing. Alter your routes, your distances, your speed, and your terrain. Not only will this help motivate, but the changing demands on your body will prepare you physically for what to expect from your challenge event. Remember, you don't just have to walk. Why not try another activity such as swimming, cycling, or exercise class? See if you can encourage a friend to join you.

See our Fitness Days for motivation: www.headstart-retreats.co.uk/page4.htm

FUEL YOUR BODY

The increased physical demands of training will place added nutritional requirements on your body. Try to drink plenty of water, squash or energy drinks, before, during and after training. Remember, 'small sips often' is the best way to stay hydrated.

On training days your body will need more energy. Try to pre-fuel with carbohydrates (cereal, bread, potatoes, pasta and rice) and re-fuel with proteins (meat, fish, eggs, nuts, beans and lentils). Whilst walking, bananas, cereal bars, nuts and dried fruit are a good place to start.

ENJOY YOURSELF

This should be one of the reasons why you are taking part in the event. Be sure to remember all the reasons why you signed up – this will help in both the tough times and the good ones! Get a friend to join you – walking is sociable and it's easier to stay motivated if you have someone to chat to, joke with, and bounce off of. Feel free to smile or sing a song!

USEFUL LINKS

Training Advice
Injuries
Route planning

www.headstart-retreats.co.uk
www.suttonsportsphysio.co.uk
www.realbuzz.com/flmroutes/map.html

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.

5-Mile Walkers

Those who have chosen the 5-mile route will also benefit from following a progressive training plan. Again, start gently and over shorter durations and gradually build these up over a number of weeks. Generally, you should aim to have completed at least two walks of an hour or more before the event itself.

TRAINING GUIDES

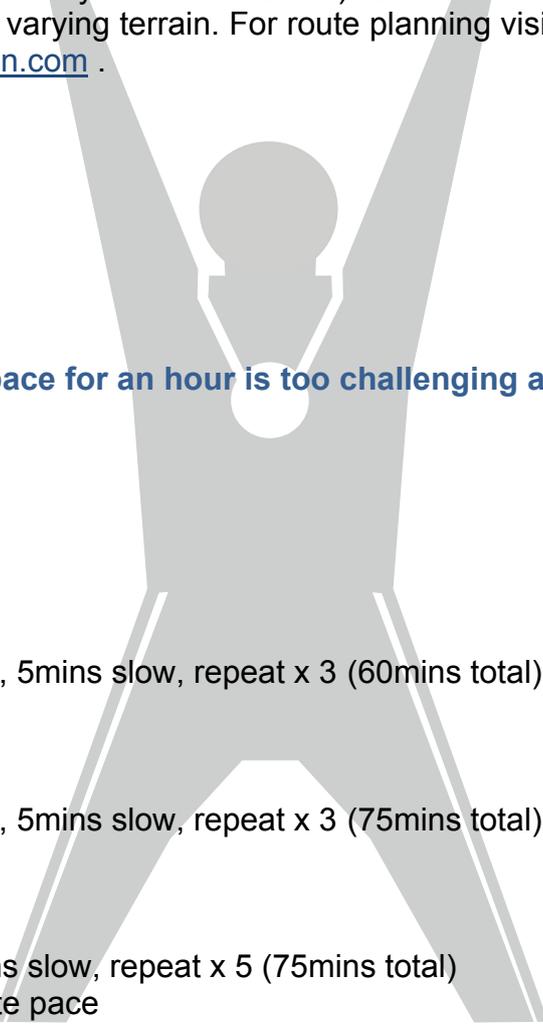
The following guides outline two progressive programs designed to prepare you for the 14-mile route. Feel free to adapt these to suit your specific needs, targets and limitations.

When we suggest a slow pace we mean one that you are comfortable with for a long duration. A moderate pace is a little quicker but you should still be able to maintain a conversation. A fast pace is quicker still and it would be difficult to maintain this for extended periods.

The days you train on aren't vital, though we recommended you take your recovery days following tough sessions, particularly the long session (Sunday on our schedule). On this walk, try to pick a more interesting route – maybe off road with varying terrain. For route planning visit www.realbuzz.com/flmroutes/map.html or www.mapmyrun.com.

14-Mile Walkers Beginner Guide

Follow this guide if walking non-stop at a moderate pace for an hour is too challenging at the moment:

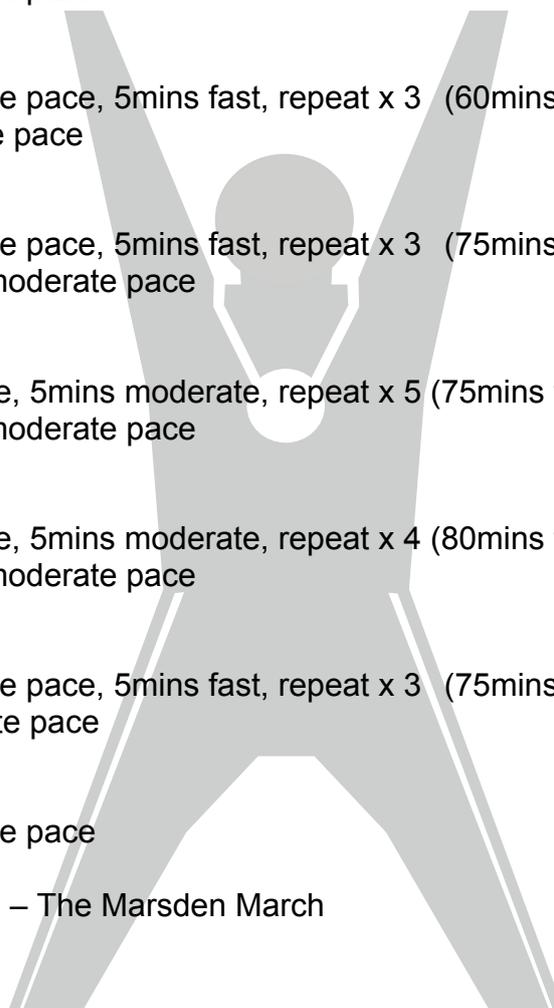


Week 1 & 2	Tuesday Thursday Sunday	30mins slow 30mins moderate pace 3-4 miles slow
Week 3 & 4	Tuesday Thursday Sunday	15mins moderate pace, 5mins slow, repeat x 3 (60mins total) 45mins moderate pace 4-5 miles slow
Week 5 & 6	Tuesday Thursday Sunday	20mins moderate pace, 5mins slow, repeat x 3 (75mins total) 1 hour moderate pace 5-6miles slow
Week 7 & 8	Tuesday Thursday Sunday	10mins fast pace, 5mins slow, repeat x 5 (75mins total) 1 hour 15mins moderate pace 6-8miles slow
Week 9 & 10	Tuesday Thursday Sunday	15mins fast pace, 5mins slow, repeat x 4 (80mins total) 1 hour 30mins moderate pace 8-10 miles slow
Week 11 & 12	Tuesday Thursday Sunday	20mins moderate pace, 5mins fast, repeat x 3 (75mins total) 1 hour 45mins moderate pace 10-12 miles slow
Week before	Tuesday Thursday Sunday	30mins moderate pace 45mins slow 27 th March 2011 – The Marsden March

14-Mile Walkers Intermediate Guide

Follow this guide if walking non-stop at a moderate pace for an hour is currently achievable:

Week 1 & 2	Tuesday Thursday Sunday	45mins slow 45mins moderate pace 4 miles slow
Week 3 & 4	Tuesday Thursday Sunday	15mins moderate pace, 5mins fast, repeat x 3 (60mins total) 1 hour moderate pace 5 miles slow
Week 5 & 6	Tuesday Thursday Sunday	20mins moderate pace, 5mins fast, repeat x 3 (75mins total) 1 hour 15mins moderate pace 6miles slow
Week 7 & 8	Tuesday Thursday Sunday	10mins fast pace, 5mins moderate, repeat x 5 (75mins total) 1 hour 30mins moderate pace 8miles slow
Week 9 & 10	Tuesday Thursday Sunday	15mins fast pace, 5mins moderate, repeat x 4 (80mins total) 1 hour 45mins moderate pace 10 miles slow
Week 11 & 12	Tuesday Thursday Sunday	20mins moderate pace, 5mins fast, repeat x 3 (75mins total) 2 hours moderate pace 12 miles slow
Week before	Tuesday Thursday Sunday	30mins moderate pace 45mins slow 27 th March 2011 – The Marsden March



**So, now you know what to do.
Now you need to get out there and do it!
Enjoy...**

Happy walking from all at Headstart.

If you still haven't registered

REGISTER NOW [click here](#)