

NORDIC WALKING TEN MILER TRAINING PLAN

Welcome to the Chichester Ten Miler Nordic Walking Training Plan This 13 week plan will guide you through your training to get you ready to walk Chichester Ten Miler on Sunday 6th October 2018. This Plan is based on Nordic walking 4 days a week. If you can only walk 3 times a week -alternate the day Wednesday and Friday training sessions into one day and add another rest day.

You should begin this plan with a moderate level of fitness and an understanding of Nordic Walking. Always check with your Doctor if you have any health concerns or injuries. If you're feeling tired, or have been unwell, be sensible and adapt or reduce your training session.

Start this Training Plan on Monday 8th July. Your training should be a mix of 'Easy Walks', 'Faster Walks', 'Workout Walks' and 'Distance Walks'.

Easy Walk This is a shortest walk of the week which is designed as a recovery walk.

Faster Walks This is the faster walk, designed to get you working harder. You should maintain a quick pace for this walk, faster than your average pace.

Workout Walks These sessions help to build overall improvement in tone, posture and general fitness. They involve different movements repeated for set amounts of time. Some ideas for drills to use can be found [here](#) and [here](#).

Distance Walk This is all about preparing your cardiovascular system, muscles and joints for Race Day, by building up the amount of time you spend walking. They should aim to be at about your race pace / or normal running pace in the beginning weeks. By week 7, you should be walking for 5-6 miles or 60 minutes continuously.

Aim to start each walk with a 5 -10 minute warm up and end each run with a cool down for 5-10 minutes. Finish with some stretching.

Remember, rest days are just as important as your training; they help your body to recover and build fitness for the next run. It's also important to eat well and keep hydrated during all your training. Read our tips and advice on Nutrition and Hydration.

For general advice and more information about Nordic Walking, visit the [Chichester Nordic Walking website](#).



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Milestones & Notes
Week 1	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 3 miles	
Week 2	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 4 miles	
Week 3	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 4.5 miles	
Week 4	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 5 miles	
Week 5	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 5.5 miles	
Week 6	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 6.5 miles	You're nearly halfway through your training plan, keep up the good work!
Week 7	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 7.5 miles	You're now past the half way point - well done!
Week 8	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 8 miles	
Week 9	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 9 miles	This week marks the end of your serious training! Now you can begin to taper
Week 10	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 8.5 miles	
Week 11	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 7.5 miles	Don't be tempted to walk further this week, even if you feel strong, it's important to taper your training ready for next weekend!
Week 12	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Workout Walk with pace drills	Rest	Distance Walk 7.5 miles	Don't forget to read our tips on preparing for Race Day!
Week 13	Rest	Easy Walk 1 hour	Faster Pace 30-60 mins	Rest	Faster Pace 30-60 mins	Rest	Race Day!	