



Breast Cancer
Foundation NZ

5km

TRAINING GUIDE



Beginners training guide – 5km ready in six weeks!

This six-week training guide has been put together by the wonderful personal trainer, Alice Rich. With her help you can get prepared for the big day, and ensure you finish your 5km walk with a big smile!

Six weeks might seem like a while, but it's actually the length of time your body needs to get into the groove of walking. Training will make you less likely to get nasty blisters on the day and sore legs on the days following (what we call 'delayed onset muscle soreness; or 'DOMS').

Each week we suggest you walk five days, with two rest days evenly spaced between your active days – so you're ready to give 100% at your next training session. We definitely recommend repeating a week if you found the previous one too challenging.

If this sort of active movement is a bit new to you, or you haven't been walking in a while, it's important to get the OK from your doctor before you dive in, especially if you have any health concerns or conditions.

Your body will thank you for taking the time to train, but remember, the Pink Star Walk is all about FUN. It's an inclusive event and there's no pressure at all – take as much time as you need and feel free to have a good chat with your friends along the way.



WEEK ONE

Daily Goal

15 minutes
5 days

Weekly Goal

1 hour and 15 minutes

Welcome to the first week of training!

This week we are focusing on building a habit of walking. Consistency is more important than speed to start with, so complete the walks this week at an easy pace. To make the weekly goal achievable we suggest you walk five days, aiming to complete fifteen minutes each day, with two rest days. Try to spread your rest days out, such as making day three and day six a rest day.

Weekly Tip

Warm up! Take a few minutes before you head out to do some dynamic stretches, such as leg swings or lunges (or both!), especially if you haven't been exercising for a while. It's also getting pretty chilly out, so giving your muscles a chance to warm up a bit means you're less likely to get any injuries.



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WEEK TWO

Daily Goal

20 minutes
5 days

Weekly Goal

1 hour and 40 minutes

This week we're still focusing on forming good habits, so we're just going to be adding five minutes onto each day we're walking.

Weekly Tip

While we're still getting into the swing of things, this week is a good week to develop good walking posture and form. Stand up nice and tall, look ahead, with your chin parallel to the ground, and keep your shoulders back and relaxed. Don't forget to suck in your stomach to activate your core!

WEEK THREE

Daily Goal

25 minutes
5 days

Weekly Goal

2 hours and 5 minutes

Hopefully you'll have noticed an improvement in your walking already so now that you're forming some good habits, we're going to pick up the pace. This week's walks should be done at a moderate pace. How do you tell what a moderate pace is? You'll be breathing noticeably, but you should still be able to have a conversation en route without feeling as if you need to gasp for air.

Weekly Tip

Make sure you're wearing the right shoes! A good pair of trainers will make a huge difference to your comfort and enjoyment. It's best to get them early – the last thing you want to be doing is wearing brand new shoes on the day of the event (hello pain!).



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WEEK FOUR

Daily Goal

30 minutes
4 days

40 minutes
1 day

Weekly Goal

2 hours and 40 minutes

Congrats – you’re more than half way through your six-week training programme! Studies have shown it takes four to six weeks to build a habit, so by now, walking should be quickly becoming part of your routine.

This week we’re going to up the ante on one day with a 40-minute effort to make sure you’re ready for race day when it comes. Stick to your moderate speed on the four days, but feel free to take it a little easier on the longer walk.

Weekly Tip

Now that you’re walking for longer amounts of time, make sure you’re staying hydrated. If there isn’t a water stop along your walking route, make sure you carry a small water bottle with you (keeping it as light as possible to minimise muscle strain).

WEEK FIVE

Daily Goal

30 minutes
4 days

45 minutes
1 day

Weekly Goal

2 hours and 45 minutes

Now that you’ve settled into a routine, have good posture, and are staying well hydrated, it’s time to pick up the pace! During each of your shorter walks this week, crank up that speed dial.

Weekly Tip

The Pink Star Walk is all about community, so why not grab a walking buddy! It’s much more fun to chat to someone along the way, and you’re more likely to walk faster, and stick to your walking schedule if you’re accountable to someone else as well.



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WEEK SIX

Daily Goal

30 minutes
4 days

60 minutes
1 day

Weekly Goal

3 hours

We're bumping up the km's this week by going for an hour long walk on our long walk day. If you've been sticking to the programme, it won't be a huge stretch, but it's a good idea to do it the day before one of your rest days so that you can give your body a bit of a break afterwards.

Weekly Tip

Now that you're walking longer distances, blisters may become an issue. To help combat sore spots, make sure you're wearing socks that are made for walking (cotton socks are not the best as they retain moisture), put blister bandages or gel pads on impacted areas, and make sure you're wearing good shoes.

WEEK SEVEN and beyond

By week seven, you should be in a position where you can complete a 5km walk. However, now is not the time to stop walking – it's the perfect opportunity to work on your pace and distance. A great idea is to turn your one long walk per week into a simulated race – measure out 5km with a similar landscape to the Pink Star Walk, and time how long it takes you to complete it at an easy pace. Most walkers will complete a 5km event in around an hour, so this will give you an indication of how you will go on the day.

Remember – if you train hard, the race will be easy so the more dedicated you are now, the more enjoyable your walk will be!

"I regret training for that race," said no one, ever.