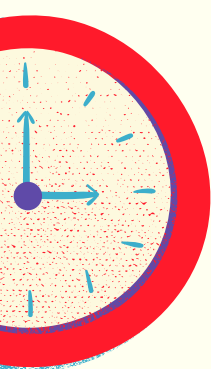


TRAINING GUIDE

01

WEEK ONE TO WEEK TWO



5 MIN - WARM UP

25 MIN - WALK OR JOG AT A STEADY PACE

5 MIN - COOL DOWN



FRIDAY: REST
SATURDAY: WALK 1 HOUR
SUNDAY: REST

02

WEEK THREE TO WEEK FIVE

5 MIN - WARM UP

40 MIN - WALK OR JOG AT A STEADY PACE

5 MIN - COOL DOWN



★ Take the long way when you have a few moments to spare. This might mean taking the stairs instead of the elevator or parking farther away from your office

★ Make sure you have at least two rest days during the week



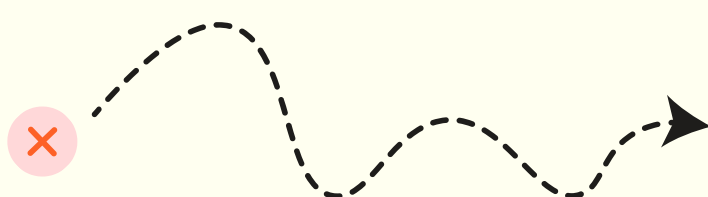
03

WEEK SIX TO SEVEN

5 MIN - WARM UP

1 HOUR - WALK OR JOG AT A STEADY PACE

10 MIN - COOL DOWN



04

THE DAY BEFORE

Ensure you get plenty of rest the night before the event day.
On the event day bring water, snacks and any necessary medication
with you ready for the 25km journey.
Don't forget your hat and sunscreen!

