


# 10km Walk Training Program – Beginner





Training plans are a suggested basic guide. Brisk Walk = ~ 10 mins / km. Recommended 9 weeks. 2 months = 8-9 weeks


For participant specific and personalised program support, it is recommended you contact an accredited and suitably qualified fitness or endurance sports professional. It is also recommended participants complete a pre-exercise screening form before commencing any training program, an example can be found here: [Adult Pre Exercise Screening System - AUSactive](#) For pre-existing health conditions, consult your GP before commencing.

## Top Ten Training Tips

 **Consistency is Key:** Follow the training program and build time/distance slowly. Spread walking volume across the week

 **Warm up and cool down:** Light stretching pre and post workout


 **If you feel any discomfort or pain:** Consult a medical professional / sports clinician


 **Listen to your body** and adjust pace where needed


**Nutrition / hydration:** On your long sessions train with a camel pack or drink bottle and snacks. Sip and nibble. Additional walking nutrition information: [Food for Distance Walking - Sports Dietitians Australia \(SDA\)](#) and [What are the Australian Dietary Guidelines? | Dietitians Australia](#)


*TDC is not affiliated with these links/organisations*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1	30 mins Brisk Walk	Exercise choice	30 mins Brisk Walk	Rest	Exercise choice	50 mins Brisk Walk	Rest / Exercise Choice	11km
Week 2	40 mins Brisk Walk	Exercise choice	40 mins Brisk Walk	Rest	Exercise choice	60 mins Brisk Walk	Rest / Exercise Choice	14km
Week 3	50 mins Brisk Walk	Exercise choice	50 mins Brisk Walk	Rest	Exercise choice	70 mins Brisk Walk	Rest / Exercise Choice	17km
Week 4	60 mins Brisk Walk	Exercise choice	60 mins Brisk Walk	Rest	Exercise choice	80 mins Brisk Walk	Rest / Exercise Choice	20km
Week 5 Easier week	30 mins Brisk Walk	Exercise choice	30 mins Brisk Walk	Rest	Exercise choice	50 mins Brisk Walk	Rest / Exercise Choice	11km
Week 6	40-60 mins Brisk Walk	Exercise choice	40-60 mins Brisk Walk	Rest	Exercise choice	90 mins Brisk Walk	Rest / Exercise Choice	17-21km
Week 7	40-60 mins Brisk Walk	Exercise choice	40-60 mins Brisk Walk	Rest	Exercise choice	90-100 mins Brisk Walk	Rest / Exercise Choice	17-22km
Week 8 Taper week	40-60 mins Brisk Walk	Exercise choice	40-60 mins Brisk Walk	Rest	Exercise choice	60-80 mins Brisk Walk	Rest / Exercise Choice	14-20km
Event Week		Exercise choice		10km Walk		<i>Adjust event week schedule to suit the day of your 10km walk</i>		

 **Shoes and Socks:** Wear appropriate good quality sports shoes which are not too old or worn and with adequate cushioning. Invest in moisture-wicking, anatomically-designed walk/run socks to avoid pressure points and blisters (no cotton socks)

 **Incorporate cross training:** into your weekly training routine. Examples: Pilates, yoga, swimming, cycling, Personal Training. Sports which use different muscles that will improve your cardio fitness

 **Walk & talk for well-being:** Training with a friend is more fun, safer, great for motivation and mental health

 **Recovery matters:** Get a good night's sleep. Down time, healthy lifestyle diet choices, drinking plain water, compression garments, home foam roller, professional sports remedial massage



**Be Sun Smart: Slip, Slop, Slap, Seek and Slide**