

# TOP TIPS FOR WALKING/RUNNING TRAINING

*by Achievement Coaching*

Well done on signing up for a race! Here are some top tips to have you get the most out of your training and race, and to be able to enjoy it – every step of the way.

1. **Ramp it up slowly:** Take note of the distance you have walking up until now, and start increasing it slowly. As a rule of thumb, you should aim for a 10% increase per week.
2. **Alternate hard and easy:** Make sure you rest up after a long or vigorous training walk/run, or choose some alternative form of exercising, such as swimming or yoga to support active recovery.
3. **Strengthen your walking muscles:** Support your muscles along the way by adding some strength training sessions to your training plan. These are great to ensure all your muscles fire up properly, and to train safely and injury-free. *We have created three short training videos for you to do at home to help you with your strength training.*
4. **Stretch it out:** A stretching routine should also be part of your training schedule to make sure your muscles work smoothly and to avoid injuries. *We have put together a little stretching video for you to do at home to help keep you with that.*
5. **The good sore:** If your muscles feel slightly sore after a long walk, this is usually nothing to worry about and is a normal response of your body as your muscles adapt to the new training load and grow stronger. Usually, this ‘delayed onset of muscle soreness’ (or short DOMS) appears after 48hours of training, and can last for up to two or three days before it disappears by itself. A warm bath will help ease any discomfort.
6. **Listen to your body:** If you develop any niggles or pain, or you feel constantly tired, listen to your body and slow down or rest. It might be some signals of overtraining or an onset of an injury. Review your walking/running technique, focus on strengthening and stretching those muscles, and you will be back on track soon. If the niggles continue, get in touch with a coach or physio and they will be able to help.
7. **Eat well:** Make sure you fuel your body with the right types of food to support your training. A good mix of plenty of colourful vegetables, protein, and healthy unrefined carbs will see you right through your training. Also, drink plenty of water to keep well hydrated.

- 8. Sleep well:** Finally, lock in all the good work you are doing and get a good night's sleep. Avoid big meals, switch of your phone in good time before you go to bed, and let your body rest up for the day ahead.

Brigitte is a Running Coach, Personal Trainer, Triathlon Coach, Performance Coach, and Sport Psychology expert at Achievement Coaching.

**She has put together some training and stretching videos for you to use. You can access them here: [Training Videos](https://www.achievementcoaching.co.uk/walkrun) ([achievementcoaching.co.uk/walkrun](https://www.achievementcoaching.co.uk/walkrun)).**

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