



Training Pack





So...you've signed up to Walk 4 Wards?

Walk 4 Wards is a celebration of community, gratitude and the power of putting one foot in front of the other - and we're so excited to have you with us! Whether you're walking in memory of a loved one, to say thank you, or simply to support your local NHS, Walk 4 Wards is an inclusive, feel-good event for all ages and abilities.

This guide is here to help you feel confident, prepared and ready for event day. You'll find simple training tips, ideas to help you build stamina, and advice to keep you feeling motivated every step of the way.

Whether you're strolling, striding or power walking – every step you take makes a real difference. So lace up, get moving, and let's make Walk 4 Wards 2025 one to remember!

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What To Wear

Choosing the right clothing and footwear for event day can make a big difference to your comfort. This guide will help you prepare by outlining the best clothing choices, from breathable layers to the right footwear, so you feel confident and ready to go!

Walking Clothes

Opt for a lightweight, breathable walking top to keep you cool and dry. Avoid cotton, as it holds sweat and can cause discomfort. Choose sweat-wicking, comfortable shorts or breathable walking trousers that allow full movement. Lastly, choose moisture-wicking walking socks and avoid cotton to help prevent blisters.

Walking Shoes

Wear well-fitted, supportive walking trainers or walking boots that you've trained in multiple times. Never wear brand-new shoes on event day! Choose a pair with good cushioning and support to match your walking style, course type and distance.

Accessories

A lightweight cap or visor provides sun protection. Sports sunglasses with UV protection will help reduce glare. Apply sun protection to avoid sunburn during the walk.

Final Tips

Dress for the weather, test your outfit and pin your walker number in advance if you can.

What To Eat

Fuelling your body is key to performing your best at W4W. This guide will help you choose the right foods and hydration strategy for event day. From energy-boosting breakfast to staying hydrated and refuelling after the event, these tips will ensure you feel strong, energised, and ready to walk!

Event Fuel

Your pre-walk meal should provide energy without causing discomfort. Eat at least 1.5 to 2 hours before the event to allow time for digestion. Carbohydrates are your main fuel source. Choose slow-release carbs like porridge, wholemeal toast, or a banana with peanut butter. Protein helps sustain energy and prevent muscle breakdown. Add a small portion, such as yogurt, eggs, or a protein smoothie. Avoid Heavy or Greasy Foods.

Hydration

Drink 500ml of water about 1-2 hours before the start. Avoid excessive caffeine or sugary drinks. Sip water during only if needed. Over-drinking can cause discomfort. Rehydrate with 500ml-1L of water over the next few hours. If it's hot or you've sweated a lot, consider an electrolyte drink.

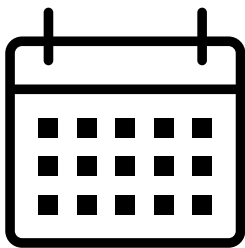


Top Walking Tips

Our Top 6 Walking Tips are designed to help you prepare, perform, and recover effectively. Following these tips will ensure you feel strong, confident and event ready on the big day!

Tip 1

Start With A Strong Base



Begin your training at least 6-8 weeks before the event. Focus on gradually increasing your distance each week to build stamina and confidence.

Tip 2

Cross-Train



In addition to walking, consider cross-training activities like running, cycling and swimming in order to strengthen your muscles and joints further.

Tip 3

Focus On Form



Walking form can make a big difference in efficiency and injury prevention. Keep your shoulders relaxed, your back straight, and your strides short.

Tip 4

Rest & Recover



Make sure to schedule rest days into your routine. Your muscles need time to recover and strengthen. Overtraining can lead to injury and burnout, so listen to your body and take breaks when needed.

Tip 5

Simulate Event Day Conditions



Try walking on similar terrain and with your event day clothing and footwear on to help familiarise your body with event day conditions. This will make you more comfortable and prepared on event day.

Tip 6

Use A Training Plan



Utilise a training plan to provide structure, consistency, and gradual progression. This improves endurance and allows you to set clear goals - avoid overtraining and track your progress.

Walking Training Plan For Beginners

Up To 5 miles

This 6-week training plan is suitable for beginners. It is designed to build you up to walking for 70-90 minutes, which will equate to roughly 4 miles. You can then gradually increase the time of your longest training session until you are able to walk up to the full 5 miles.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Walk 15 mins slow pace	Walk 15 mins medium pace	Walk 20 mins slow pace	Walk 20 mins slow pace	Walk 15 mins slow pace	Walk 30 mins slow pace
2	Rest	Walk 10 mins fast pace	Walk 15 mins medium pace	Walk 20 mins slow pace	Walk 20 mins slow pace	Walk 10 mins fast pace	Walk 30 mins slow pace
3	Rest	Walk 15 mins fast pace	Walk 20 mins slow pace	Walk 15 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 45 mins medium pace
4	Rest	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 20 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 60 mins medium pace
5	Rest	Walk 20 mins fast pace	Walk 20 mins medium pace	Walk 20 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 75 mins medium
6	Rest	Walk 25 mins fast pace	Walk 20 mins medium pace	Walk 20 mins fast pace	Walk 25 mins medium pace	Walk 20 mins medium pace	Walk 90 mins medium

It's Event Day!

The big day is finally here! All your preparation has led to this moment, so now it's time to enjoy the experience. Every step you take supports Frimley Health Charity and makes a real difference to our patients, their loved ones and our incredible NHS staff - you've got this!

Pre-Event

Arrive early to use the toilets and soak in the atmosphere. Meeting supporters or other walkers? Agree on a meeting point for the event and enjoy the experience!

Post-Event

After collecting your sweet treat & refreshment, soak in the atmosphere and check out our Frimley Health Charity stand. Enjoy the food shopping stalls and down time with loved ones to celebrate your achievement!

During the Event

Our 5-Mile walk has a designated start time and location, which will be communicated to you in advance. The route will be clearly sign posted, along with marshals who are dotted throughout the walk for your safety and guidance. Listen for announcements and follow the instructions from event staff to ensure a smooth and safe event experience.



Event Day Check List

Walking Outfit incl. Shoes

Walker No. (Collect at Event)

Safety Pins

Watch

Sunscreen

Sunglasses

Pre & Post-Event Snacks

Water Bottle



Get in Touch

If you have any questions or queries, please get in touch:



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frimleyhealthcharity.org



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