



## Top ten training tips

*Whether you're a seasoned walker or not, The Twilight Walk is about bringing people of all ages together so we can stamp out brain tumours once and for all. Whilst 10k may be a literal walk in the park for some, others may find it a daunting idea. To help you along the way, we've put together our top ten training tips for everyone so that regardless of your fitness level you'll be ready to take everything in your stride this autumn!*

1. Make sure you train in supportive footwear like trainers or walking shoes leading up to the big day as well as on the evening. If possible, steer clear of buying new shoes just before the event as they might rub and cause blisters. It's important to dress appropriately for the weather too - wear layers so you can adapt to the conditions, and make sure you have a waterproof jacket in case of any showers along the way. Loose-fitting clothing is also advisable to avoid rubbing or chafing.
2. If you're a complete beginner, it's important not to accidentally overdo things by doing too much too soon. Try increasing the distance you walk gradually, until you're ready to take on the full 10k distance in one go. You could also vary your training route as a way to keep things interesting and as an incentive to get out and about regularly.
3. Remember - *The Twilight Walk* isn't a race, so there's no pressure to finish in a certain amount of time. Always walk at a pace that feels comfortable to you. We have deliberately chosen beautiful scenery as the backdrop at each location, so take the time to enjoy this as you go.
4. Hydration is really important. To keep yourself in tip-top condition, make sure you drink little and often whilst training, as well as before and after.
5. Before starting any exercise, take time to warm up and cool down afterwards by stretching. This will prepare your body for exercise and greatly reduce your risk of injury, so you'll still be smiling by the time you cross that finish line!
6. Make a weekly walking plan and stick to it. Planning how many times you want to walk every week, and how long you will walk for, will increase your motivation. You could even keep a walking diary and buy a pedometer to monitor your progress.
7. Don't forget to incorporate rest days into your training programme, as taking on too much can do you more harm than good. Professional athletes take rest days once or twice a week for physical, physiological and psychological recovery.
8. Mix it up! These training tips are about increasing your fitness and stamina for walking but that doesn't mean this has to be done through walking alone. Why not try swimming, cycling or dancing to keep things interesting?
9. Vary your training for the best results. You could try adding longer walks into your routine once or twice a week, walking at a different pace or tackling some hillier terrain from time to time.
10. Make sure you have fun! Training should be an enjoyable experience, not a chore, so find ways to make it so - whether it's grabbing family and friends for a fun day out or treating yourself to a tasty pub lunch at the end of your walk.

*Happy training!*