

21km Walk Training Program - Beginner

Training plans are a suggested basic guide. Brisk Walk = 10 mins / km. Recommended 12 weeks / 3 Months

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.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Weekly Total
Week 1	40 mins Brisk Walk	Exercise choice	40 mins Brisk Walk	Rest	Exercise choice	60 mins Brisk Walk	Rest / Exercise Choice	14km
Week 2	50 mins Brisk Walk	Exercise choice	50 mins Brisk Walk	Rest	Exercise choice	70 mins Brisk Walk	Rest / Exercise Choice	17km
Week 3	60 mins Brisk Walk	Exercise choice	60 mins Brisk Walk	Rest	Exercise choice	80 mins Brisk Walk	Rest / Exercise Choice	20km
Week 4	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 5 Easier Week	30 mins Brisk Walk	Exercise choice	30 mins Brisk Walk	Rest	Exercise choice	60 mins Brisk Walk	Rest / Exercise Choice	12km
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	100 mins Brisk Walk	Rest / Exercise Choice	18-22km
Week 8	40-60 mins Brisk Walk	Exercise choice	40-60 mins Brisk Walk	Rest	Exercise choice	110 mins Brisk Walk	Rest / Exercise Choice	19-23km
Week 9	40-60 mins Brisk Walk	Exercise choice	40-60 mins Brisk Walk	Rest	Exercise choice	120 mins Brisk Walk	Rest / Exercise Choice	20-24km
Week 10	40-60 mins Brisk Walk	Exercise choice	40-60 mins Brisk Walk	Rest	Exercise choice	90-120 mins Brisk Walk	Rest / Exercise Choice	19-24km
Week 11 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		21km Walk		<i>Adjust event week schedule to suit the day of your 21km walk</i>		

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 organisations



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



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