

Train for an Urban Poling 5km or 10km Summary

Program is based on Intervals

- Change of pace intervals (brisk/recovery) help develop & improve fitness levels, prevent over-use & repetitive motion injuries, adds variety
- Warm-ups, cool-downs and recovery intervals should be at a pace so that you can carry on a conversation (“talking” pace)
- Brisk intervals are slightly faster than “talking pace”
- Regardless of pace, watch for signs of pushing too hard
- Even during the brisk intervals, participants should be able to speak at least two consecutive sentences. If they can’t, slow down the pace!

Handouts

- Waiver form
- PARQ
- Insurance information

Safety Recommendations

Read these safety guidelines and precautions prior to starting this course.

- Consult your physician or health care professional before starting this program. If you have any medical conditions that affect your health, follow the guidelines provided by your health care professional for increasing your workouts.
- This training program can be used with or without your poles, but contact the Walk/Run Event to determine if you are allowed to use poles during the event. Follow the rules of the event for using poles, including specific start times. Be aware & courteous of fellow participants to avoid tripping them with your poles. Call 1877 499 7999 or info@urbanpoling.com, if you have any questions.

Train for an Urban Poling 5km or 10km Summary

Week 1

5km	10km
22 Minutes	39 Minutes
Warm up: walk slow and easy for 5 min	Warm up: walk slow and easy for 10 min
1 min brisk walk – 2 min recovery walk	1 min brisk walk – 2 min recovery walk
2 min brisk walk – 2 min recovery walk	2 min brisk walk – 2 min recovery walk
3 min brisk walk – 2 min recovery walk	3 min brisk walk – 2 min recovery walk
Cool down: walk slow and easy for 5 min	2 min brisk walk – 2 min recovery walk
	1 min brisk walk – 2 min recovery walk
	Cool down: walk slow and easy for 10 min

Week 1 Coaching Tips

- Change of pace intervals will help improve fitness levels, add variety and help prevent injury
- Warm ups, cool downs & recoveries should be slow and easy so your participants can carry on a conversation
- The change of pace intervals should be brisk, which means slightly faster than a talking pace

Week 2

5km	10km
22 Minutes	40 Minutes
Warm up: walk slow and easy for 5 min	Warm up: walk slow and easy for 10 min
2 min brisk walk – 2 min recovery walk	2 min brisk walk – 2 min recovery walk
Do this combination 3 times	Do this combination 5 times
Cool down: walk slow and easy for 5 min	Cool down: walk slow and easy for 10 min

Week 2 Coaching Tips

- Remind your participants that they should be eating something 1 – 2 hours before their walk
- They should aim for high carbohydrate, moderate protein and low fat foods
- If your group meets in the earlier morning hours (before 9:00 am) suggest a piece of fruit or a fruit smoothie

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Week 3

5km	10km
26 Minutes	44 Minutes
Warm up: walk slow and easy for 5 min	Warm up: walk slow and easy for 10 min
2 min brisk walk – 2 min recovery walk	1 min brisk walk – 2 min recovery walk
Do this combination 4 times	Do this combination 8 times
Cool down: walk slow and easy for 5 min	Cool down: walk slow and easy for 10 min

Week 3 Coaching Tips

- Make sure your participants are not pushing too hard; they should always feel as though they could have done more during the brisk walk interval
- Remind your participants to keep hydrated, they should be drinking water throughout they day not just during workouts
- Thirst = dehydration!

Week 4 (Easy Recovery Week)

5km	10km
22 Minutes	40 Minutes
Warm up: walk slow and easy for 5 min	Warm up: walk slow and easy for 10 min
Easy 12 min walk	Easy 20 min walk
Cool down: walk slow and easy for 5 min	Cool down: walk slow and easy for 10 min

Week 4 Coaching Tips

- This is the first of two “easy recovery” weeks = “been there, done that”
- The workout should be easy and comfortable as it is a repeat of a previous workout
- No “change of pace intervals” gives participants an opportunity to concentrate on proper technique and posture
- Well deserved rest before the “big push” to the second recovery week

Week 5

5km	10km
35 Minutes	50 Minutes
Warm up: walk slow and easy for 5 min	Warm up: walk slow and easy for 10 min
3 min brisk walk – 2 min recovery walk	3 min brisk walk – 2 min recovery walk
Do this combination 5 times	Do this combination 6 times
Cool down: walk slow and easy for 5 min	Cool down: walk slow and easy for 10 min

Week 5 Coaching Tips

- Your “time out” is getting longer (increase in volume); you are building to that 5km or 10km distance
- The brisk intervals are getting longer and the recovery interval is getting shorter
- Remember that stretching post – workout is essential. As the workouts get longer, muscle aches and pains will occur more often so stretching is a must

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Week 6

5km	10km
46 Minutes	56 Minutes
Warm up: walk slow and easy for 5 min	Warm up: walk slow and easy for 10 min
3 min brisk walk – 2 min recovery walk	3 min brisk walk – 2 min recovery walk
2 min brisk walk – 2 min recovery walk	2 min brisk walk – 2 min recovery walk
1 min brisk walk – 2 min recovery walk	1 min brisk walk – 2 min recovery walk
Do this combination 3 times	Do this combination 3 times
Cool down: walk slow and easy for 5 min	Cool down: walk slow and easy for 10 min

Week 6 Coaching Tips

- Make sure your participants are using the “cool down” for its intended purpose
- By the time they finish the cool down, their breathing should be completely back to normal
- If it is not, they are walking too fast! The cool down is slow and easy!

Week 7

5km	10km
55 Minutes	60 Minutes
Warm up: walk slow and easy for 5 min	Warm up: walk slow and easy for <u>5 min</u>
4 min brisk walk – 1 min recovery walk	4 min brisk walk – 1 min recovery walk
Do this combination 8 times	Do this combination 9 times
Cool down: walk slow and easy for <u>10 min</u>	Cool down: walk slow and easy for 10 min

Week 7 Coaching Tips

- Make sure you are varying your route
 - Walking the same route week after week is uninspiring
- This week’s brisk intervals are the longest they’ve been so far – with the shortest recovery time in between
- Continue to encourage your participants “You can do it!”

Week 8 (Easy Recovery Week)

5km	10km
60 Minutes	70 Minutes
Warm up: walk slow and easy for 5 min	Warm up: walk slow and easy for 5 min
Walk for 50 min	Walk for 60 min
Cool down: walk slow and easy for 5 min	Cool down: walk slow and easy for 5 min

Week 8 Coaching Tips

- This is the second and final easy recovery week
- Next week begins the final push to the end
- After this week’s workout, your participants should feel as if they could have gone farther!
 - Don’t push it – both the body and mind need a rest to get ready for the increase next week

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Week 9

5km	10km
66 Minutes	80 Minutes
Warm up: walk show and easy for <u>10 min</u>	Warm up: walk show and easy for <u>15 min</u>
2 min brisk walk – 2 min recovery walk	5 min brisk walk – 2 min recovery walk
Do this combination 11 times	4 min brisk walk – 2 min recovery walk
Cool down: walk show and easy for <u>12 min</u>	3 min brisk walk – 2 min recovery walk
	2 min brisk walk – 2 min recovery walk
	1 min brisk walk – 2 min recovery walk
	Do this combination 2 times
	Cool down: walk show and easy for <u>15 min</u>

Week 9 Coaching Tips

- This week's workout is the longest yet!
 - Participants will find the "ladder session" enjoyable (hopefully) → time decreases with each interval
- Remind your participants that the brisk walk should be faster than talking pace but still comfortable
- Out of breath = a 15 minute cool down!

Week 10

5km	10km
70 Minutes	90 Minutes
Warm up: walk show and easy for <u>10 min</u>	Warm up: walk slow and easy for 5 min
5 min brisk walk – 2 min recovery walk	Walk for 80 min
4 min brisk walk – 2 min recovery walk	Cool down: walk slow and easy for 5 min
3 min brisk walk – 2 min recovery walk	
2 min brisk walk – 2 min recovery walk	
1 min brisk walk – 2 min recovery walk	
Do this combination 2 times	
Cool down: walk show and easy for <u>10 min</u>	

Week 10 Coaching Tips

- Woohoo! You did it!
- Remind your participants to pace themselves in the event, just as they have been doing for the past 10 weeks
- They should be careful not to get "caught up in the moment" and start the even too fast and then end up losing steam!

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General Coaching Tips

- **Clothing**
 - Ensure you are visible when it is dark
 - Wear reflective clothing and vests or even a clip-on flashing light
 - Dress in layers
 - Always dress for 5 degrees warmer than the actual temperature
 - Invest in technical clothing – cotton should not be worn as a first layer as it chafes, retains moisture & gets heavy
 - Gloves are essential as the hands are exposed the entire time
 - Recommend: New Balance gloves
 - Toques keep the heat in and may be easily removed if you get too warm
 - Breathable hats with a brim are good for protection from rain and sun
 - Shoes are the one major investment that will need to be made (besides poles!)
 - Good quality running shoes are important, even for walkers! Expect to pay \$100 - \$150
- **Water**
 - Important to stay hydrated
 - Should invest in a water belt
 - Consume water throughout the day not only during workouts
 - Thirst = dehydration = reduced strength, endurance and performance
- **Homework**
 - Participants should aim to complete two additional walks during the week
 - Make sure they are aware of the “time out” for the workouts (i.e. 22 min, 46 min, etc)
 - Participants not doing their homework = fall behind the rest of the group + open themselves up to injury
- **Looping**
 - When the participants in the front of the group get about one block ahead of the rest of the group, they should “loop” all the way back until they are behind the last participant
 - This gives the slower participants a chance to “take the lead: and keeps the group together
 - Looping should also be done at street corners so that the entire group is together when you cross an intersection
- **Safety**
 - Stay to the far right of a trail or shared pathway, so those approaching can pass on the left-hand side
 - Move into a single-file line to let them pass, otherwise walking side-by-side with a partner is acceptable
 - As the leader at the front of the group, alert your participants to oncoming obstacles
 - Simply shout “Runner!” or “Cyclist” etc.
- **Leaders**
 - Make sure you carry a cell phone, some cash & a fanny pack first aid kit
- **Watches**
 - Garmin Forerunner 210 Sports Watch – Costco.ca
 - Garmin Forerunner 310XT with heart rate monitor – Costco.ca
 - Timex Ladies Ironman Race Trainer Watch with digital heart rate monitor 5K218 – Costco.ca
 - Timex Ironman Triathlon – Costco or London Drugs
 - Interval Timer App for the iPhone
 - Interval Timer App to Android