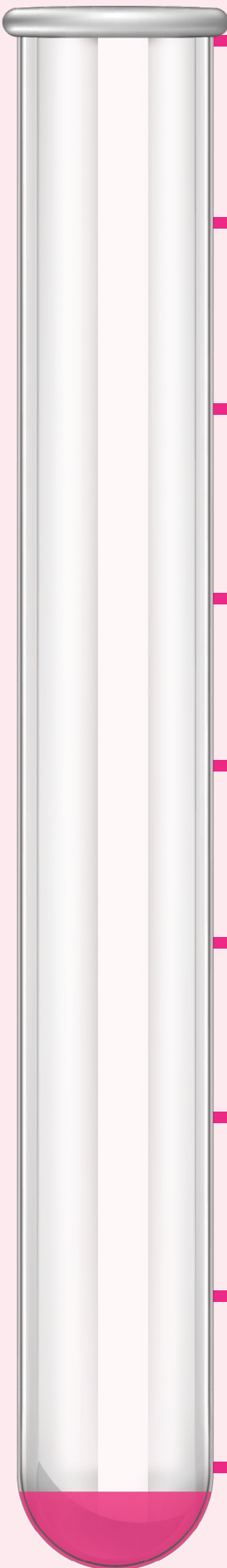


I'M WALKING 35KM TO BEAT CANCER!

Help me reach my target!



Write your name and fundraising target here



\$4000

Helps fund an early-to-mid-career researcher – supporting and protecting the next generation of medical pioneers
Welcome to the Queen Bees!

\$2000

Helps to sequence cancer tumours into individual parts to assist in new treatment discovery
Welcome to the Promenade Club!

\$1000

Helps in progressing promising drugs from the benchtop to trials

\$500

Helps determine the molecular structure of a cancer tumour to support new drug development
You've reached the Walk's minimum fundraising goal!

\$250

Helps to continue the honeybee venom research that's proven successful in the lab

\$150

Helps fund equipment that targets breast cancer tissue in surgery

\$78

Helps cover lab costs for one day

\$55

Helps researchers working on new treatments to untangle blood vessels protecting cancer cells

\$23

Helps provide life-protecting safety equipment for researchers dealing with deadly disease

Scan the QR Code
or visit my
fundraising page
to donate!



SATURDAY 27 APRIL 2024

walkforwomenscancer.org.au



2024 TRAINING GUIDE

Tick off each training session you complete!

 New Town Toyota

 **Walk for WOMEN'S CANCER**

BEFORE YOU GET STARTED

GET SOCIAL

Training with a friend is more fun, safer and delivers more results. Connect with friends or colleagues and schedule time together to get out and train. Creating a support network keeps you motivated at times when your energy wanes.

CHOOSE YOUR SHOES

Ensure you have comfortable, good quality exercise shoes, which are not too old or worn. If you are not sure, go to a sports store or sports specialty shop and ask to be measured and fitted properly. Match your shoe with a comfortable pair of sports-specific socks.

KNOW YOUR WAY

Get familiar with the route of the Walk before the event. Be sure you are comfortable with whatever comes your way. Incorporate similar terrain in your training.

LISTEN TO YOUR BODY

If you have pain that persists or gets worse, it's time to seek the help of a professional personal trainer or physiotherapist. If you are sick or unwell, rest is best. Remember, listen to your body, sometimes you need to push, but other times you may need to slow down.

HYDRATION & NUTRITION

Remember to hydrate in the weeks leading up to the event and during your training. The average person should aim for 2 litres of water a day. Eat nutritious foods to ensure optimal results. On your longer walks, trial food items such as energy gels/bars to see how they work for your body in preparation for the event.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WK 1	2 KM	REST	2 KM	CROSS TRAIN	1 KM	GO LONG DAY, 4 KM	RECOVERY DAY	9 KM
WK 2	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY, 5 KM	RECOVERY DAY	15 KM
WK 3	4 KM	REST	4 KM	CROSS TRAIN	2 K	GO LONG DAY, 8 KM	RECOVERY DAY	18 KM
WK 4	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY, 11 KM	RECOVERY DAY	21 KM
WK 5	5 KM	REST	5 KM	CROSS TRAIN	1 KM	GO LONG DAY, 13 KM	RECOVERY DAY	24 KM
WK 6	5 KM	REST	6 KM	CROSS TRAIN	2 KM	GO LONG DAY, 15 KM	RECOVERY DAY	28 KM
WK 7	6 KM	REST	6 KM	CROSS TRAIN	2 KM	GO LONG DAY, 18 KM	RECOVERY DAY	32 KM
WK 8	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY, 18 KM	RECOVERY DAY	28 KM
WK 9	2 KM	REST	2 KM	CROSS TRAIN	1 KM	GO LONG DAY, 10 KM	RECOVERY DAY	15 KM
WK 10	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY, 8 KM	RECOVERY DAY	18 KM
WK 11	4 KM	REST	4 KM	CROSS TRAIN	2 KM	EVENT DAY	RECOVERY DAY	

TRAINING TIPS

SLOW AND STEADY
You should start a walking program twice a week. Then slowly progress up to 3 times per week, gradually building in duration and intensity, don't try and do it all in your first day.

WARM UP
Warm up for a long walk by dynamically moving your legs: swinging them forwards and backwards and side to side, followed by a gentle stretch. This will loosen the joints and increase warmth and blood flow to the muscles – helping prevent injury to muscles. Cool down with relaxed movement for 5-10 minutes followed by a 10-minute stretch.

REST DAYS
Rest days are very important - allowing your body to recuperate and recover after training sessions. Muscles actually regenerate and get stronger during rest. It is recommended that you take at least one or two days of total rest per week, and avoid doing any intensive activities on these designated rest days.

CROSS TRAIN
Combine other exercise in your training program. This will work your cardiovascular and musculoskeletal system differently to walking, and doing other types of exercises keeps your program interesting. Try swimming, cycling, yoga or pilates.