



Joe  
Walker

## Kampala – Fort Portal #JoeWalkers Training Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	60 min Cross	8 km walk	16 km walk	8 X 800-meter repeats	Rest	16 km pace walk	35 km simulation walk
2	60 min Cross	8 km walk	12.9 km walk	6 X hill repeats	Rest	6.4 km pace walk	19.3 km walk
3	45 min Cross	6.4 km walk	9.7 km walk	30 min tempo walk	Rest	6.4 km walk	12.9km walk
4	30 mins Cross	4.8 km walk	4 X 400-meter walk	Rest	Rest	3.2 km walk	3.2 km walk
							<b>Take Off: 26<sup>th</sup> Feb 2024</b>

### Key to note

- **Cross training involves:-** jogging, aerobics, gym work, swimming
- **800 meter repeats:-** warm up with 2km walk, walk 800 meters at your intended walk pace (e.g if you plan to walk at 9:30min/km then you do the split at 4:00min/km pace). Jog at least 400-800 meters in between the repeats
- **Hill repeats :-** warm up with 2km walk, get a hill of about 400 meters with a gentle climb sprint up the hill and jog back to the bottom
- **Tempo walk:** - start easy, then increase the pace, peak and then slow down.
- **Simulation walk: - This** is the event day rehearsal, use the shoes kit that you will be using, practice hydration points.