



# Making moves

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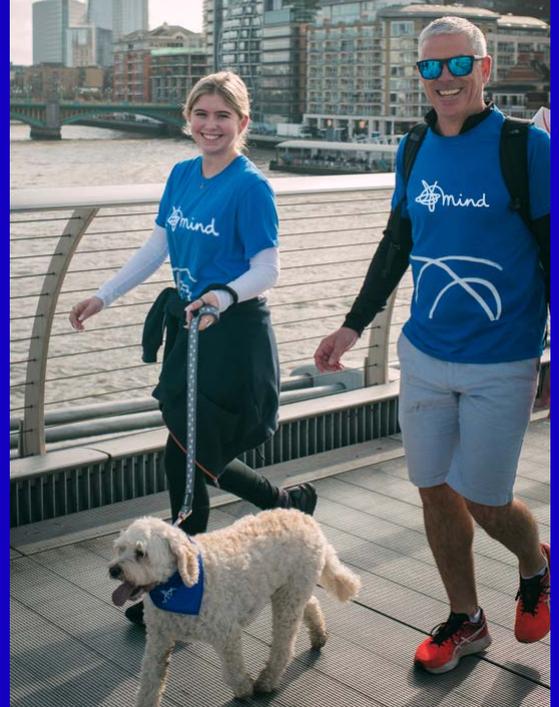
for mental health

**This is the Mind Walk**

10km walk plan  
Cross Training



# You've got this!



**Preparing for a 10km walk can feel tough. To help you prepare and get the most of your challenge, we've put together a 10-week training plan.**

This plan will help you to go from minimal training to doing the Mind Walk. We'll focus on walking but also use cross training sessions to help you build fitness and get into a routine.

We play about with the effort levels in these sessions to get you working harder in shorter bursts. We'll gradually build up the time on your feet for the walking, so by the end you are walking for 120 minutes.

For questions about your training plan please email:  
[info@fullpotential.co.uk](mailto:info@fullpotential.co.uk)

For questions about the Mind Walk or fundraising please email:  
[themindwalk@mind.org.uk](mailto:themindwalk@mind.org.uk)

## What's Cross Training?

Cross Training means anything that's not walking. In this plan you'll need to use a machine at the gym, like a rowing machine, elliptical trainer or bike.

## Top tips

- **Be purposeful with your walks** – we want to raise the heart rate and maybe get a bit of a sweat on. Try different routes for your walks, and if you can get off-road and on uneven ground that is going to really benefit you. Walking up hills is hard work.
- **Train at the right effort levels** – it's easy to think that training "harder is better" so we end up training too hard, which can leave you feeling over tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the key. Check out our guide to efforts levels on the next page.
- **Get to know your body** – trust your instincts when it comes to training. If you need a rest day, take a rest day. If you think you want to do more training, get in touch, and we'll look at your plan.
- **Have fun!** – physical activity has lots of benefits for our mental and physical health. Pop on your favourite playlist or use your walks to get out in nature. This time is all about you!

## Effort levels

Taking notice of how much effort you're putting in will help you to build your fitness. Here's our guide to the training sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.



### Easy effort walk

Perceived effort level: 40-50%  
Talk test: You can speak in complete sentences, totally conversational. Keep to this effort the whole way during your walk.



### Steady effort walk

Perceived effort level: 50-65%  
Talk test: You can speak in complete sentences, but at some moments the effort levels will rise and you will feel a slight pause in breath when speaking.



### Cross training (gym class)

Perceived effort level: 50-75%  
Talk test: We have plenty of cross training in the plan, it enables us to make fitness gains whilst mixing up the training. These sessions can be a mixture of gym classes, or equipment like the

elliptical training or rowing machine. Aim for an effort level that leaves you feeling slightly breathless at times.



### Easy cross training

Perceived effort level: 50-65%  
Talk test: You can speak in complete sentences, totally conversational. Keep to this effort the whole way during your cross training session. This effort level is different from above as we go a little bit easier.



### 90% efforts

Perceived effort level: 90%  
Talk test: These are short bursts of effort where you increase the intensity to a place where you can only say 2 - 3 words if someone asked you a question.

## Making the training plan work for you

Our plan on the next page is created to be flexible – we don't expect you to follow it exactly.

- Sessions in the green boxes** are core elements of your training, but you can swap them around to different days of the week to suit your schedule. Just make sure that you don't do more than two sessions back to back.
- Sessions in light blue** are extra sessions you can do if you're feeling good and want to keep going. These are the ones to drop in your week if you can't fit it all in.

**Happy training!**

# Ready, set, go!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	30 mins easy effort walk + stretch	Rest day	30 minutes cross training / gym class	Rest day	20 mins easy effort walk + stretch	45 mins steady effort walk + stretch
Week 2	Rest day	30 mins easy effort walk + stretch	Rest day	30 minutes cross training / gym class	Rest day	20 mins easy effort walk + stretch	60 mins steady effort walk + stretch
Week 3	Rest day	40 minutes easy cross training – include 1,2,1,2,1,2 minutes at 90% with a 60 second recovery in the middle	Rest day	30 minutes cross training / gym class	Rest day	30 mins easy effort walk + stretch	80 mins steady effort walk + stretch
Week 4	Rest day	Cross train – 5 minutes warm up, 5 x 1 minute on (90% effort) with 1 minute easy recovery, 5 minutes cool down	Rest day	Rest day	40 mins easy effort walk + stretch	30 minutes cross training / gym class	Rest day
Week 5	Rest day	30 mins easy effort walk + stretch	Rest day	45 minutes cross training / gym class	Rest day	60 mins easy effort walk + stretch	80 mins steady effort walk + stretch
Week 6	Rest day	60 mins easy effort walk + stretch	Rest day	45 minutes cross training / gym class	Rest day	Cross train – 5 minutes warm up, 8 x 1 minute on (90% effort) with 1 minute easy recovery, 5 minutes cool down	100 mins steady effort walk + stretch
Week 7	Rest day	Rest day	60 mins easy effort walk + stretch	Rest day	50 minutes easy cross training – include 1,2,1,2,1,2 minutes at 90% with a 60 second recovery in the middle	60 mins easy effort walk + stretch	Rest day
Week 8	Rest day	60 mins easy effort walk + stretch	Rest day	Cross train – 5 minutes warm up, 8 x 1:30 on (85-90% effort) with 1 minute easy recovery, 5 minutes cool down	Rest day	40 mins easy effort walk + stretch	120 mins steady effort walk + stretch
Week 9	Rest day	Cross train – 5 minutes warm up, 12 x 1 minute on (90% effort) with 1 minute easy recovery, 5 minutes cool down	Rest day	30 minutes cross training / gym class	45 mins easy effort walk + stretch	Rest day	60 mins steady effort walk + stretch
Week 10	Rest day	30 mins easy effort walk + stretch	Rest day	Rest day	Rest day	Rest day	<b>The Mind Walk</b>