

# TRAINING GUIDE

# OXFAM TRAILWALKER



**OXFAM**  
France





# YOUR TRAINING PROGRAMME

This training is divided into 4 periods. The shortest sessions can be completed individually but when you go for longer walks, try to do it as a team. You can also invite your support crew and your donors to make them feel like they are part of the team!

## PHASE 1: GETTING STARTED – 4 WEEKS

During the first phase don't push too hard, and don't hurt yourself - this phase is about getting into the habit of walking. Your aim is to become regularly active, progressively. Enjoy your exercise and improve slowly.

## PHASE 2: ENDURANCE – 4 WEEKS

The second phase is all about endurance - now you are going to see how your body reacts to long term efforts. During this phase, be careful to monitor your body's demand for water and food. Get to know yourself: what to eat, when, what to where, etc.

## PHASE 3: RESISTANCE – 3 WEEKS

The third phase aims to build your resistance - this is where you'll be doing the longest distance and highest intensity of training. You should have improved by now. It is time to test yourself. But do not push to far! 50 km is the maximum in one day.

## PHASE 4: COOLING DOWN – 2 WEEKS

During the fourth and final phase, ease back to make sure you are primed and ready for the big event.



# DON'T TRAIN ALONE!

Training as a team is essential to ensure success. Thanks to our Oxfam France dedicated training tools, you can join an existing training session or propose your own to form a new team.

Click here to find out about training for:

More informations on : <https://www.oxfamtrailwalker.fr/en/resources/training.html>

## FOLLOW US



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to hear the last news about the event



Any questions? Contact the Oxfam team on  
+33 (0)1 56 98 24 46 or [evenements@oxfamfrance.org](mailto:evenements@oxfamfrance.org)

# TRAINING PLAN

PHASE 1	WEEK	WEEKEND
WEEK 1	2 x 30 minutes, endurance : walking, running, cycling and/or swimming	Hike - 1h30
WEEK 2	2 x 35 minutes, endurance : walking, running, cycling and/or swimming	Hike - 1h45
WEEK 3	2 x 40 minutes, endurance : walking, running, cycling and/or swimming	Hike - 2h
WEEK 4	2 x 45 minutes, endurance : walking, running, cycling and/or swimming	Hike - 2h15
PHASE 2	WEEK	WEEKEND
WEEK 5	2 x 45 minutes, endurance : walking, running, cycling and/or swimming	Hike - 2h30
WEEK 6	2 x 45 minutes, endurance : walking, running, cycling and/or swimming	Hike - 3h30
WEEK 7	2 x 45 minutes, endurance : walking, running, cycling and/or swimming	Hike - 4h00
WEEK 8	1 x 1 hour, endurance : walking, running, cycling or swimming	Hike - 2 x 3h30 or 1 x 6h00
PHASE 3	WEEK	WEEKEND
WEEK 9	1 x 1 hour, endurance : walking, running, cycling or swimming	Hike - 2 x 4h30 or 1 x 8h00
WEEK 10	1 x 1 hour, endurance : walking, running, cycling or swimming	Hike - 6h00
WEEK 11	1 x 1 hour, endurance : walking, running, cycling or swimming	Hike - 5h00
PHASE 4	WEEK	WEEKEND
WEEK 12	You are now ready to walk 100 km! Go back to cycle 2 (week 5 and 6) in order to rest your body and your mind and be fully ready for the event.	
WEEK 13		
WEEK 14	<b>OXFAM TRAILWALKER</b>	



# NUTRITION AND HEALTH

## NUTRITION

To cross the finish line, a healthy diet and a regular hydration are as important as your fitness level. Carbohydrate and protein are key allies to give your body the energy it needs to accomplish a sporting event like the Trailwalker or the Wintertrail.

### ENERGY SOURCES

**Carbohydrates** are the main energy source during physical activity. Your body can only store small amounts, therefore it is necessary to absorb carbohydrates regularly. Carbohydrates are found in pasta, rice, bread, cereals, potatoes, fruit juices, dried fruits and honey.

**Proteins** are fundamental for your muscles and your body recovery. You can absorb them by consuming meat, eggs, cheese, dried vegetables (lentils and dry beans) and dried fruits (nuts, for example). In addition spirulina, a natural superfood, can be very helpful in maintaining your physical condition throughout the walk.

### TRAINING

Before a long training, we recommend a light lunch, rich in carbohydrates two or three hours before your departure. Stay hydrated during the effort, and eat energy products such as dried fruits, cereal bars or a banana. After the effort, you can eat a more extensive meal.

Use your training to find out what you like and what suits you the best in term of nutrition, hydration, but also equipment. Try different options, timings and combinations in order to avoid any surprise during the event.

### BEFORE OXFAM TRAILWALKER

Closer to the event, it is important to monitor what you eat and adapt your meals to the coming event:

- 3 days before the walk: time for starches:
  - Complete and generous breakfast
  - Starches for lunch and dinner
  - Do not forget to drink regularly!
- 2 days before the event: reduce vegetable fibers (fresh fruits, dry vegetables, etc) to avoid digestion troubles. Meat can be reduced because of its acidic effect on your body.
- D Day: generous breakfast, including starches (bread, rice, pasta, wheat...). Drink small a bit of water regularly.

### DURING OXFAM TRAILWALKER

During the walk, refresh your carbohydrate stocks in order to avoid hitting the well-known 'marathon Wall'. Regularly eat dry fruits, rice cakes and energy bars. Use what you have tried in your training, do not innovate on the event, it is too risky because you cannot know how your body might react. Do not eat big portions and always remember to drink regularly.

Water must be your main source of hydration. You may need some energy drinks which are holding important minerals and some salt but do not only rely on it.

Pay attention to how your body feels and reacts through the course of the event in order to anticipate what you could be lacking and prevent major troubles.

### AFTER OXFAM TRAILWALKER

After putting in the effort, your body needs to recover: a lot of water, carbohydrates and proteins are key allies for muscle recovery. Get some sleep as well, otherwise you will not give to your body the opportunity to rest fully.

Once you have slept and eaten, do not forget to celebrate the accomplishment of your challenge with your teammates and support crew!

# BLISTERS PREVENTION

## BLISTER HUNTING

Blisters are the primary reason for walkers retirement. There are many opinions on how to prevent and treat blisters, as well as how to prepare your feet and make them stronger. Our team collected some of the best tips throughout the years. Note that everybody has different feet; therefore, you might need to find different methods before you find what suits you best.

## WRAP YOUR FEET

Try to wrap with bandage the zones that are more likely to get blisters with a zinc oxide paste bandage which adds protection to your feet. Ask a professional physio to show you how to tape and wrap your feet efficiently. Practice while training, you want to be able to do it properly before the event.

## DRY OR STICKY FEET

It is good to regularly change your wet or sweaty socks for dry socks. Explore having dry feet dusted with talcum powder, or used deep moisture where you think there could be friction.

## SEVERAL PAIRS OF SHOES

Alternate your shoes in order to avoid the accumulation of friction points. It is also useful to have extra shoes if your existing pair get wet or too muddy.

## SOCKS CAN PROTECT YOUR FEET

The 'double socks' technique can be useful and has helped a lot of walkers. Put a first, very thin pair of socks on first, then put on a second, thicker pair made for walking.

## BLISTERS TREATMENT

1. Clean it with denatured alcohol and let it dry naturally
2. Don't remove and don't rub the skin
3. Apply an antiseptic cream and cover the blister with a sterile gauze or a plaster
4. Pad the area with a protective pad (such as Compeed)

## TAKE A SPECIAL BLISTERS KIT

- Pads or plaster against blisters
- Gauze (sterile and packaged individually)
- Small scissors (to cut bandages)
- Medical adhesive tape

## TREAT FRICTIONS

Tight shorts: they are created to mold in order to avoid thigh frictions.

Apply vaseline when necessary to avoid frictions and irritations.





# YOUR EQUIPEMENT

## MUST HAVE

Here is what is compulsory for each teammate. You should always wear or carry this equipment with you during the event. It has been designed to ensure your safety, and to this end, staff members could ask to check your bag prior to the departure of the event:

- Your medical certificate with the mention “no counter indication to taking part in athletics competitions” or “no counter indication to taking part in running/walking competitions”. It must be dated within one year of the Oxfam event.
- A backpack
- A reusable bottle of 1.5l minimum
- Some food/snacks
- Minimum 3 charged cell phones per team with portable batteries or chargers
- A safety vest (yellow or orange with reflective stripes) to walk at night
- A head lamp (or a flashlight) with spare batterie. You need to be carrying it from the start line onwards
- A first aid kit (one/team). You can find it in a supermarket (antiseptic spray, sterile plasters, elastic adhesive bandage, sterile pads, scissors, gloves...)
- Shock blanket
- Your roadbook, which will be given to you (one/team) during registration on Friday
- A GPS tracker (one/team), which will be given during registration on Friday.

## ADDITIONAL EQUIPEMENT

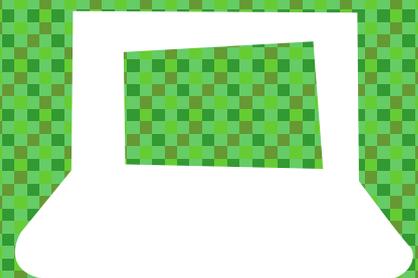
Additionally to your mandatory equipment, we strongly recommend that you to have:

- Walking poles. You can save 20% of energy. They aren't provided by the organization. Our partner TSL Outdoor has designed poles at the color of Oxfam.
- Several pairs of socks
- Lip balm
- Toilet paper
- A microfiber towel
- Solar protection (cream, hat, sunglasses)
- A bathing suit for collective shower and flip flops
- Insect repellent
- Warm and waterproof clothes

It is crucial to communicate with your support crew clearly: tell them before hand what you need at each checkpoint, that they can anticipate and match your needs during the event. You and them will save time and energy during the course of Oxfam Trailwalker.

## OXFAM ONLINE SHOP

Get your Oxfam Trailwalker walking poles on our online shop!



<http://boutique.oxfamfrance.org/>

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## HINTS AND TIPS

Make sure that you enjoy your training, and get your teammates and supporters involved to make the most out of this epic adventure.

### GET TO KNOW YOURSELF

Get to know what you like to eat and drink when exercising. Try out different sources of energy during your training and find what suits you the best.

### TRAIN TOGETHER

The team that trains together stays together. Training together helps you learn your teammate's strengths, weaknesses and importantly, their pace. It is a team effort and challenge. Training together gives you way more chances to finish it as a team and will make you enjoy this adventure even more!

### TRAIN AT NIGHT

Walking at night is something you will need to get used to. We recommend that you schedule a night walk into your training, you will be fully prepared to face it during the event itself, as well as your body.

### MIX PHYSICAL ACTIVITIES

By doing a variety of physical activities, you will reduce the risk of hurting yourself and will avoid getting bored of doing only one thing. This is particularly important for those of you who do not exercise on a regular basis.

### THE 10% RULE

From one week to the next, it is highly recommended that you do not increase your total weekly distance by more than 10%. A big increase in distance or level of intensity greatly increases your chances of injury.

### PLAN YOUR TRAINING

A proper training plan will contain information about the stage you have reached, your rhythm and the efforts you still have to make before starting the D-Day. Plan a progressive training as a team, and follow it!

### CHANGE YOUR HABITS

Changing your everyday habits is a good way to train more: for example, use the stairs instead of the elevator, your bike instead of public transport and so on. Every kilometre counts, and it will not take you more time!

### LEARN HOW TO BREATHE

Start slowly and stick to a more or less consistent walking pace for the whole day by adjusting the length of your strides depending on the slope (long strides on flat surfaces, short strides uphill). You will be using less energy this way.

## KEEP IN TOUCH



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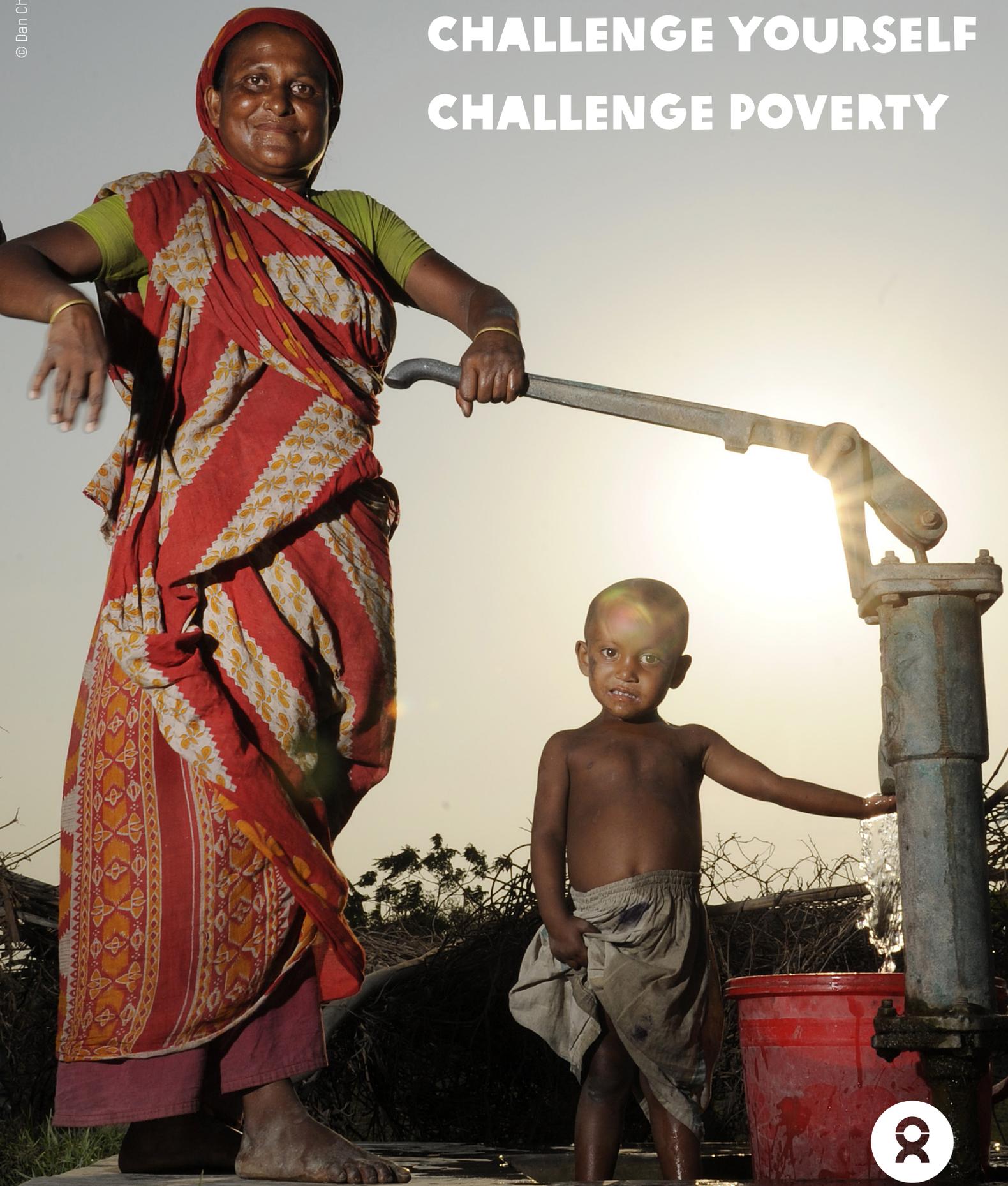


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# CHALLENGE YOURSELF CHALLENGE POVERTY



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