



Beginner

TRAINING GUIDE

Welcome to the beginner's training guide for the Big School Walk! Are you ready to lace up your shoes and take on this exciting challenge? Whether you're a seasoned walker looking to enhance your skills or a newbie taking your first steps towards achieving your walking goals, this guide is here to help you every step of the way. Let's get you started on your journey and making a positive impact with the Big School Walk!

PHASE 1: BUILD A BASE

Embarking on the journey can feel overwhelming at first, but don't be discouraged! Keep your eyes on the incremental progress you make in each session and each week, and you'll be amazed at how fast the improvements will come!

Week	No. of sessions Weekly	Weekly hours (guide kms)
1-2	3 sessions Easy to moderate pace walks for 20 mins	1 hour - 3 hours (3-9km)

PHASE 2: THE LONG WALKS

Now, it's time to kick things up a notch and focus on specific training for the long walk. Remember to gradually increase the intensity of your sessions to ensure steady progress and maintain good health. It's also a great time to start testing your equipment and nutrition strategies, so you're well-prepared for the big day.

Week	No. of sessions Weekly	Weekly hours (guide kms)
4-6	4 sessions 3 short walks: 1.5 hours 1 long walk: 4 hours	8.5 hours (25.5km)

PHASE 3: PEAK

You've got a good body of training behind you, now it's time to do some event simulation. This is where you will use all your equipment and nutrition to see how it stands up under event conditions.

Week	No. of sessions Weekly	Weekly hours (guide kms)
7	4 sessions 3 short walks: 1.5 hours 1 long walk: 5 hours	9.5 hours (28.5km)

PHASE 4: TAPER

Congratulations on overcoming the challenging parts of your training build-up! Now, it's time to consolidate your progress. It's crucial to maintain an active routine, but also strike a balance to ensure you retain your fitness while staying fresh for the upcoming event. Finding the right balance is key to peak performance on the big day. So, keep up the good work and continue to fine-tune your training to ensure you're in top form when it's time to shine!

Week	No. of sessions Weekly	Weekly hours (guide kms)
8	4 sessions 3 short walks: 1 hour 1 long walk: 3 hours	6 hours (18km)

Event Organisers



Primary partners



03 8364 8984
info@abhealthandfitness.com.au

If you need more guidance or support, don't hesitate to reach out to AB Health & Fitness – our expert trainers are always here to help you prepare for The Big S'Cool Walk!



Intermediate

TRAINING GUIDE

Welcome to the Intermediate's training guide for the Big School Walk! Are you ready to lace up your shoes and take on this exciting challenge? Whether you're a seasoned walker looking to enhance your skills or a newbie taking your first steps, this guide is here to help you every step of the way. Let's get you started on your journey and making a positive impact with the Big School Walk!

PHASE 1: BUILD A BASE

Embarking on the journey can feel overwhelming at first, but don't be discouraged! Keep your eyes on the incremental progress you make in each session and each week, and you'll be amazed at how fast the improvements will come!

Week	No. of sessions Weekly	Weekly hours (guide kms)
1-2	4 sessions 3 easy pace walks: 1 hour 15 mins each 1 long walk: 2.5 hours (moderate terrain)	6 hours 15 mins (19 - 27km)

PHASE 2: THE LONG WALKS

Now, it's time to kick things up a notch and focus on specific training for the long walk. Remember to gradually increase the intensity of your sessions to ensure steady progress and maintain good health. It's also a great time to start testing your equipment and nutrition strategies, so you're well-prepared for the big day.

Week	No. of sessions Weekly	Weekly hours (guide kms)
4-6	4 sessions 2 easy pace walks: 1 hour each 1 moderate pace walk: 2 hours 1 long walk: 3 hours (moderate terrain)	7 hours (30km)

PHASE 3: PEAK

You've got a good body of training behind you, now it's time to do some event simulation. This is where you will use all your equipment and nutrition to see how it stands up under event conditions.

Week	No. of sessions Weekly	Weekly hours (guide kms)
7	4 sessions 2 easy pace walks: 1 hour each 1 moderate pace walk: 2 hours 1 long walk: 5 hours	9 hours (39km)

PHASE 4: TAPER

Congratulations on overcoming the challenging parts of your training build-up! Now, it's time to consolidate your progress. It's crucial to maintain an active routine, but also strike a balance to ensure you retain your fitness while staying fresh for the upcoming event. Finding the right balance is key to peak performance on the big day. So, keep up the good work and continue to fine-tune your training to ensure you're in top form when it's time to shine!

Week	No. of sessions Weekly	Weekly hours (guide kms)
8	4 sessions 3 easy pace walks: 1 hour each 1 long walk: 3 hours (moderate terrain)	6 hours (26km)

Event Organisers



Primary partners



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Advanced

TRAINING GUIDE

Welcome to the advanced training guide for the Big School Walk! Are you ready to lace up your shoes and take on this exciting challenge? Whether you're a seasoned walker looking to enhance your skills or a newbie taking your first steps, this guide is here to help you every step of the way. Let's get you started on your journey and making a positive impact with the Big School Walk!

PHASE 1: BUILD A BASE

Embarking on the journey can feel overwhelming at first, but don't be discouraged! Keep your eyes on the incremental progress you make in each session and each week, and you'll be amazed at how fast the improvements will come!

Week	No. of sessions Weekly	Weekly hours (guide kms)
1-2	6 sessions 4 easy pace walks: 1 hour 1 Fartlek walk: 1 hour 1 long walk: 2.5 hours	7.5 hours (45km)

PHASE 2: THE LONG WALKS

Now, it's time to kick things up a notch and focus on specific training for the long walk. Remember to gradually increase the intensity of your sessions to ensure steady progress and maintain good health. It's also a great time to start testing your equipment and nutrition strategies, so you're well-prepared for the big day.

Week	No. of sessions Weekly	Weekly hours (guide kms)
4-6	6 sessions 4 easy pace walks: 1 hour 1 Fartlek walk: 1 hour 1 long walk: 3 hours 15 mins	8 hours 15 mins (50km)

PHASE 3: PEAK

You've got a good body of training behind you, now it's time to do some event simulation. This is where you will use all your equipment and nutrition to see how it stands up under event conditions.

Week	No. of sessions Weekly	Weekly hours (guide kms)
7	5 sessions 4 easy pace walks: 1 hour 1 long walk: 3 hours 45 min / 22.5km	7 hours 45 mins (46.5km)

PHASE 4: TAPER

Congratulations on overcoming the challenging parts of your training build-up! Now, it's time to consolidate your progress. It's crucial to maintain an active routine, but also strike a balance to ensure you retain your fitness while staying fresh for the upcoming event. Finding the right balance is key to peak performance on the big day. So, keep up the good work and continue to fine-tune your training to ensure you're in top form when it's time to shine!

Week	No. of sessions Weekly	Weekly hours (guide kms)
8	4 sessions 3 easy pace walks: 1 hour 1 long walk: 2 hours (moderate terrain)	5 hours (30km)

Event Organisers



Primary partners



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