

SUBARU TRAINING PROGRAMME

8 week

WALKER

This programme was initially written for those training for the Round the Bays fun run.

Looking for more training tips?

ROUNDTHEBAYS.CO.NZ



PORTS OF AUCKLAND
ROUND THE BAYS | **do** the spirit of Subaru

Plan your workout days at the beginning of each week and try to have at least one non-walking day between each if possible. Workout days in the Subaru training programme are a guide only and are flexible dependant on the individual's preferences. The Subaru training programme was created through consultation with FITTER Coaching and Subaru does not take any responsibility for any injuries as a result of following this training programme.

WEEK
1

WEEK
2

WEEK
3

WEEK
4

WEEK
5

RECOVERY
WEEK

WEEK
6

WEEK
7

WEEK
8

TAPER
WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	REST DAY	3min Easy walk warm up 25min Walk 3min Easy walk warm down	REST DAY
3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	REST DAY	3min Easy walk warm up 30min Walk 3min Easy walk warm down	REST DAY
3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	REST DAY	3min Easy walk warm up 40min Walk 3min Easy walk warm down	REST DAY
3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	REST DAY	3min Easy walk warm up 50min Walk 3min Easy walk warm down	REST DAY
3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	REST DAY	3min Easy walk warm up 20min Walk 3min Easy walk warm down	3min Easy walk warm up 20min Walk 3min Easy walk warm down
3min Easy walk warm up 30min Walk 3min Easy walk warm down	REST DAY	10min Walk warm up 1min Fast walk 1min Easy walk 5min Easy walk warm down	REST DAY	REST DAY	3min Easy walk warm up 60min Walk 3min Easy walk warm down	REST DAY
3min Easy walk warm up 30min Walk 3min Easy walk warm down	REST DAY	5min Walk warm up 1min Fast walk 1min Easy walk 5min Easy walk warm down	REST DAY	REST DAY	3min Easy walk warm up 70min Walk 3min Easy walk warm down	REST DAY
3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	REST DAY	REST DAY	3min Easy walk warm up 20min Walk 3min Easy walk warm down	REST DAY	Now it's time to put your training to the test and have fun doing your 8km walk!

Walking Tip:
Ensure you have the correct footwear for walking before you start!!!

Walking Tip:
Choose flat terrain. Slow and steady pace is the key

Training Tip:
Remember to rehydrate after each workout

Walking Tip:
One of your 20 min workouts to include some hilly terrain

Walking Tip:
One of your 20 min workouts to include some hilly terrain

Walking Tip:
Workout to include some hilly terrain

Unite
against
COVID-19

*You must follow all NZ Government rules when leaving your home to do exercise. Stay close to home. Do not drive anywhere, you must leave your house by foot. If you go outside, you must keep a 2-metre distance from other people at all times. For more info about the guidelines, please visit www.covid19.govt.nz



SUBARU