



Night Strider Training Guide 2022

This guide is here to help you structure your training and should take you from 0-10K (6.2 miles) in 6 weeks and to half marathon (13.1 miles) in 10 weeks. However, you don't need to follow it to the letter to be able to do Night Strider. Everyone is different after all!

If you would like some tips on fundraising or training, please call 0114 235 7590 to chat with us - we'll be happy to help. Best of luck!

Top three tips for training

1. Keep it fresh - don't get bored doing the same route - try something new!

Join our Strava club to track your progress and routes at www.strava.com/clubs/stlukeshospice

3. Use social media to show your friends how your training is going and push for extra sponsorship!



		Tips	In the week	On the weekend
Week 1	10K ↑ ↓ Half marathon ↑	Download a training app on your phone to keep track of your distance, times and calories burnt. Download Strava and join our St Luke's club!	2 x 20 minute walks on flat ground.	40 minute walk.
Week 2		Can you spread the word on social media or around work to encourage people to join your Night Strider team?	3 x 20 minute walks on flat ground.	40 minute walk on flat ground.
Week 3		Plan your big weekend walks in advance. Make sure you have a reward ready for when you finish!	2 x 30 minute walks on changing gradient.	60 minute walk on changing gradient.
Week 4		You're half way to doing the 10K. Share your progress online to boost your sponsorship!	2 x 40 minute walks on flat ground.	3 mile walk on changing gradient.
Week 5		Make sure you plan plenty of rest into your week. Muscles aching? That's your body's way of telling you to rest.	1 x 60 minute walk on flat ground, 1 x 40 minute walk on changing gradient.	4.5 mile walk with your team.
Week 6		Update your family and friends on your progress to boost your sponsorship. Have you got a new personal best? Let them know!	Try a new 40 minute walk route and push for a personal best (PB) on your 60 minute walk.	If you're training for the 10k then well done - you're ready for Night Strider! Rest yourself the week before the big night.
Week 7		Get yourself a book or go online to find local walks with varying distances already planned.	1 x 40 minute walk on flat ground and 2 x 30 minute walks on changing gradient.	7-8 mile walk.
Week 8		If you can, use the Peak District as your training ground for the different gradients and share your pictures. Missed a training session? Don't let it get you down and don't try to over-compensate as this might cause you injuries.	2 x 40 minute walk on flat ground and 2 x 30 minute walks on changing gradient.	9-10 mile walk.
Week 9		Make sure you're getting the right nutrition. Longer distances mean you're burning more calories and need more water. Share your progress online to boost your sponsorship!	2 x 40 minute walk on changing gradient and 1 x 60 minute walk on flat ground.	11 mile walk - tell everyone how well you've done and push your fundraising. You're ready for Night Strider!
Week 10		Rest yourself this week. Don't wear yourself out before the big night!	One last push on your fundraising to make sure you raise as much as you can for our patients and their families.	Night Strider night! Make sure you prepare yourself a carb-rich lunch for energy. Good luck!