



people pledges possibilities



GET FIT SCHEDULE NUTRITIONAL TIPS TRAINING TIPS

12-Week Training Programme for the 1 May, 2010 Catlin End-to-End Event!

Get Ready Get Fit



2010 Catlin End-to-End Charity Recipients: Adult Education School • Alzheimer's Support Group Bermuda School of Music • Chewstick Foundation Greenrock • Keep Bermuda Beautiful The Family Centre • The Reading Clinic Sandys 360 • Windreach Recreational Village

Getting ready for the event is easy if you start your training today! Use our 12-Week Training Programme as a guide to your training, or modify it to suit your own needs. You'll benefit in two ways – improved fitness and an outstanding Catlin End-to-End experience.

TRAINING TIPS:

- Find an exercise buddy to walk and train with.
- If you miss a day, don't worry, keep going and stick as best you can to the schedule.
- Keep your walking shoes with you at work in case you get time at lunch or can consider walking home from work.
- Listen to your body. If you are feeling low on energy, don't push to finish that workout. A rest will do you good.
- Get outside to walk but use reflective vests and lights to stay safe at night. Natural light makes us feel more energetic, so if you can, get outside instead of opting for the treadmill when exercising during the day.
- Warm up with a slow walk and then pick up your pace so you can still talk but are a little out of breath. Always stretch the legs after your walks. See www.bermudaendoend.bm for details.
- Consult a physiotherapist for any minor injuries you develop.
- Walking style: should be standing tall, shoulders relaxed, hands cupped loosely and elbows bent at 90 degrees. Eyes should be focused 10-15 feet on the ground in front of you.
- Cross training (XT) should include any aerobic activity such as swimming, rowing, cycling, aerobics classes. Start with 20-25 minutes in February and work up to 30-35 minutes in March and 40-45 minutes in April.

Get Ready, Get Fit is created in partnership with:

- Bermuda Dietitians Association
- Bermuda Podiatry Association
- Bermuda Physiotherapy Association

Eat Smart-Walk Happy! It's as easy as 1, 2, 3!

1. Eat a variety of foods from all 5 food groups – be adventurous.
2. A well-balanced diet satisfies your hunger – eat in moderation.
3. Choose wholesome food with little or no processing – try raw vegetables and fruits and wholegrain breads.

NUTRITIONAL TIPS:

- Get balance and variety by aiming for 5 servings of vegetables/fruit EVERY DAY.
- Drink 2 litres of fluids daily. Drink a cup of water 20 min before exercising. Sip every 10 min during activity. Water is best but on long week-end walks, dilute a sports drink to get some carbohydrates.
- Carbohydrates are burned off with any activity. Good sources include: wholegrain breads, cereals, pasta, rice, root vegetables, potatoes, beans, fruits and sports drinks.
- Extra protein is important for muscle repair, not energy. You need only marginally more protein in your diet as you train for this year's Catlin End-to-End event.

HAPPY FEET GUIDE

Bermuda Podiatry Association

Walking shoes: Buy them in advance, and have your feet measured while standing. There should be a finger width from end of longest toe to the end of shoes. Always buy for your bigger foot.

Socks: Synthetic socks are the best and often have dual layers to reduce friction. They wick away moisture, preventing blisters.

Nails: Cut them regularly, following the line of the toe, not down the sides.

General care: Moisturise feet daily. Powder can be used to help keep feet dry. If feet feel very moist during long walks, change into fresh socks.

Foot problems: See a podiatrist for advice on preventative measures or if any problems develop.



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The Catlin End-to-End event is organised by the Bermuda End-to-End Charity No. 558



Get Ready, Get Fit

12-Week Walking/Training Programme

CATLIN



Choose your distance goal for 2010 and follow the guide below. Start each walk slowly and gradually increase your pace. Begin your training today – enjoy the benefits on 1 May!

* the Middle-to-End walkers follow the schedule below, paying attention to the time/distance in brackets. If there is no bracket, follow the same time as the End-to-End walkers.

Start times for Walk Event Distances:

14.7 miles (10:00 am start Albuoy's Point, Hamilton) **24.1 miles** (8:00 am start King's Square, St. George's)

Cross training is a form of aerobic activity other than walking, eg. swim/row/cycle/strength train. Stretch could include a yoga class focusing on the lower extremities. Further training schedules are available at: www.bermudaendoend.bm.

Every day we should eat fruits, vegetables, whole grains, good fats and healthy sources of protein. Variety is key for meeting our nutritional needs while tempting our taste buds.

The Walking Club of Bermuda meets every Sunday at 7:00 am, rain or shine! For further information visit: www.walk.free.bm

KEEP BERMUDA BEAUTIFUL. TAKE YOUR LITTER HOME OR TO A BIN.

February

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 1	7 45 min	8 rest	9 30 min	10 cross train	11 45 min	12 rest	13 1 hr (45 min)
WK 2	14 rest	15 45 min	16 cross train	17 1 hr	18 rest	19 stretch	20 1 1/2 hrs (1 hr)
WK 3	E. Sherlock 5 Mile Walk 21	22 1 hr	23 cross train	24 1 hr	25 stretch	26 rest	27 2 hrs (1 1/2 hrs)
WK 4	Walk the Walk (Centre on Philanthropy) 28		STRETCH YOUR CALF MUSCLES AFTER EACH SESSION.				

March

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 4	KEEPING ACTIVE ALL DAY MAKES WALKING EASIER!	1 1 hr	2 cross train	3 1 hr	4 stretch	5 rest	6 2 1/2 hrs (1 1/2 hrs)
WK 5	Lindo's to Lindo's 10K 7	8 1 hr	9 cross train	10 1 1/4 hrs	11 stretch	12 rest	13 Zoom Around the Sound (Aquarium) 3 hrs (2 hrs)
WK 6	14 rest	15 1 1/4 hrs	16 cross train	17 1 1/4 hrs	18 rest	19 stretch	20 3 1/2 hrs (2 1/2 hrs)
WK 7	21 rest	22 1 hr	23 cross train	24 1 1/4 hrs	25 stretch	26 rest	27 4 hrs (3 hrs)
WK 8	Palm Sunday Walk Cornerstone Development 10 Mile Race 28	29 1 1/4 hrs	30 cross train	31 1 hr	IF YOU SKIP A SESSION, DON'T WORRY. KEEP GOING.		

April

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 8				GETTING BORED? TRY HILLS OR A NEW ROUTE.	1 stretch	2 Good Friday	3 4 1/2 hrs (3 1/2 hrs)
WK 9	4 rest	5 1 hr	6 cross train	7 1 hr	8 stretch	9 rest	10 3 1/2 hrs (2 hrs)
WK 10	11 rest	12 1 hr	13 cross train	14 45 min	15 stretch	16 rest	17 2 1/2 hrs (1 1/2 hrs)
WK 11	18 rest	19 1 1/4 hrs	20 cross train	21 1 hr	22 stretch	23 rest	24 1 1/2 hrs (1 hr)
WK 12	RMS Construction 20K 25	26 1 1/4 hrs	27 30 min	28 stretch	29 rest	30 rest	

May

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 12	DON'T FORGET TO USE SUNSCREEN & LIPBALM, AND WEAR A HAT FOR SUN PROTECTION.						30 min CATLIN-ETE Have fun!

Additional activities by the Bermuda Physiotherapy Association are as follows:

20 February Walk & Stretch – Arboretum 13 March Fitness Retest/Goal Evaluation – NSC – North Field
3 April Walk & Stretch/Shoe Evaluation – Arboretum 24 April Walk/Nutrition & E2E Prep – Arboretum

All sessions begin at 9:00 am

REGISTRATION INFORMATION

Register from 1 March for this year's Catlin End-to-End at: www.bermudaendoend.bm

On-site registration commences Monday, 26 April through Friday, 30 April at M3 Wireless, located at 3 Burnaby Street, from 9 am – 5 pm. Extended hours to 7 pm on Wednesday, 28 April.