



Oxford Moonlight Stroll Program Plan



Introduction

The Oxford Moonlight Stroll is 9-mile charity walk in aid of Sobell House Hospice Charity on 5th July 2008. It is not a race, so there is no rush to complete the walk, plenty of opportunities for a little rest if you need it, and plenty of people to help you on your way. For some people it will be a walk in the park and for others it may be the hardest thing they've ever done. The important things are to enter, prepare, and have a go - knowing that whatever happens, you will have helped Sobell House Hospice Charity with their efforts.

Not only is this program is designed to help you complete and enjoy the Oxford Moonlight Stroll, but also to give you some handy tips on healthy living and activity that you can incorporate into your every day life.

Preparation

Correct footwear is essential. It should be comfortable, supportive and able to complete the whole training plan and the Moonlight Stroll. It's important that you do your walking preparation in the same shoes as the main event, so if you need new shoes, get them now so that they are well broken in for the main event. It's also recommended that if you have any injuries, medical conditions or if this program imposes a significant increase in activity levels, that you consult your GP/specialist before starting the program. On the day, make sure you join in the warm up with Jackie, a class instructor (in every way) with Esporta.

The Plan

It's an 8 week plan and you'll need to have completed it by 5th July 2008. So if you start after the 5th May, you may need to jump to week 2 or 3. Every week has food advice, lifestyle advice, additional activity and a distance walk. There are three levels of distance walk each week, and the level you do will depend on your starting level.

Find Your Level

There are 3 levels to this program to help judge the most suitable walking plan for you. If you pay no notice to distance, you can use time as a guide (doesn't include rest time). An average strolling pace will be around 3mph (miles per hour), a slow or hilly walk may be 2mph and a brisk walk around 4mph. To find your starting point use the following guide:

Level 1: You can walk 2 miles comfortably but would struggle with 5. The thought of walking 9 miles in one day puts a cold fear of dread into you. Your aim is to complete the walk in one piece with a fantastic sense of achievement.

Level 2: You can walk 5 miles comfortably and if pushed could probably stumble the full 9 miles, but it would be a struggle. Your aim is to enjoy the whole 9 miles with the knowledge that you'll feel tired but a little smug.

Level 3: You can do the whole 9 miles tomorrow and probably have the energy to walk home afterwards. Your aim is keep your pace up and provide help and encouragement to those who need it.

While following the plan you may find that you're initial judgement was wrong or you fall between two different levels. That's fine, it's there as a guide, and if you need to change levels then do it.

Distance Walk

To prepare for a long walk, you need to walk. This may sound obvious but is often neglected. I've included a suggested distance/time to aim for on at least 1 occasion for each week. Bear in mind the Moonlight Stroll will be on a fairly even hard surface with a few slopes, but nothing extreme. If you like to break your walks up with a few rests or even a cup of tea, that's fine. It's a good idea to take a bottle of water and a snack with you, especially if you're going to be out for a couple of hours or so. Make sure you're wearing suitable footwear and clothing. If you're out walking alone, take a mobile phone and let someone know where you're going and what time you are expected back. Better safe than sorry.

Food Advice

Every week in the plan has some basic advice on food. Most of us have an idea what a healthy diet is these days, but here are a few reminders to whet your appetite. Don't worry if you can't do everything, you may do some automatically anyway, but you may be surprised what a few small changes can make.

Lifestyle Advice

This is geared to give you suggestions on making activity a part of everyday life. Making it routine is most of the battle and preparing for an event like this is an ideal time to start.

Additional Activity

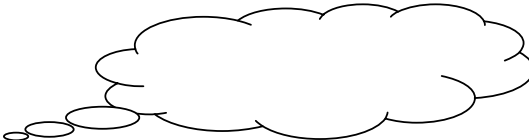
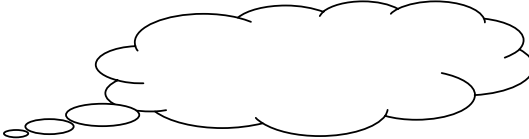
If you enjoy walking as an activity you are all set. However, if you want to try something different to help improve your activity or fitness level, then try and include an activity in addition to your distance walk. This extra session will help increase your general fitness level and will get your body used to exercising regularly so the distance walk isn't such a big shock. It's important to pick something you enjoy, that way you're a lot more likely to do it. It should be for 30-60 minutes of activity at a moderate level. There's a space on the program to record what you've done with a reminder to make sure you do it. There are some examples included below, but it's not exhaustive so feel free to choose your own:

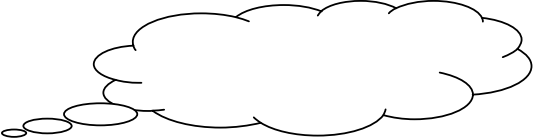
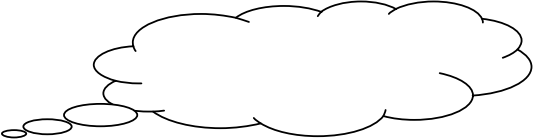
Walking, *Ballroom dancing*, **tennis**, football, yoga, **disco dancing**, running, *canoeing*, **surfing**, pilates, **horse-riding**, self defence, *bowling*, roller-blading, **snow-boarding**, **golf**, climbing, *weight lifting*, *mowing the lawn*, Tai-Chi, fencing, **gardening**, skiing, cycling, jogging, funk, **badminton**, croquet, aerobics, ice-skating, *gym visit*, cricket, hiking, diving, karate, **ballet**, pole-dancing, **white water rafting**, swimming, **water polo**, mattress dancing, *curling*, hockey, jive, line-dancing, **spin class**, judo, *basketball*, boxing, circuit training, self-defence, **motocross**, hay-making, polo, squash, rowing, **snorkelling**, caving, table tennis, volleyball, power walking...

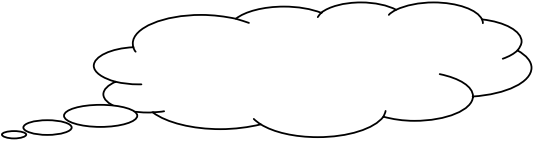
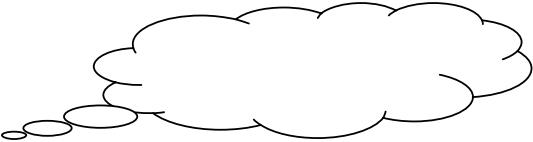
A Final Note

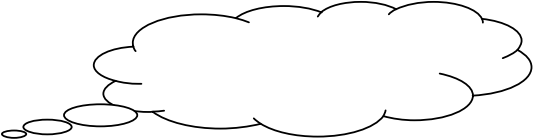
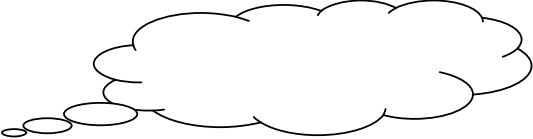
Put your program up somewhere that you'll see it every day: on the fridge, by the calendar, on the wall, by your desk at work or next to the biscuit barrel. Tick off what you've done and feel proud of your progress. Glynn from Jack FM and Rosie from 107.9 FM are following a program like this to help you on your way, so listen out for them and their progress. Enjoy.

Prepared by Adam Curzon, Fitness Manager at Esporta, Oxford

	This Moonlight Stroll Program Plan belongs to:	Distance Walk
<p>Week 1</p>	<p>Food Advice: Breakfast is the most important meal of the day (your Mother was right). It has to fuel you for the first 5 hours of the day so should be about a third of your daily calorie intake. Be experimental, it doesn't just need to be coffee and cornflakes. It's rare that you'll over-eat for breakfast</p> <p>Lifestyle Advice: Make walking a part of your life. You'll need it to complete the Moonlight stroll and this training program so start by completing your distance walk this week. It's an activity pretty much anyone can do, it's free and available everywhere. No excuses.</p> <p>Additional Activity: Write in your own additional activity here. Chose from the list or select one of your own, they all count</p> 	<p>Level 1: 2.5 miles (up to 1 hour). Flat even ground.</p> <p>Level 2: 5 miles (1.5 hours). On the flat or slightly undulating.</p> <p>Level 3: 7 miles (2 hours). Include a few slopes if possible</p>
<p>Week 2</p>	<p>Food Advice: Be organised. Everyone knows you should have at least 3 meals a day, that's 21 meals a week. Shop in preparation for this. Don't get caught short and miss a meal or make do with a "3 minute bing" microwave meal or nip to the chippy. Not every meal needs to take a long time to be healthy; you just need the right ingredients at hand.</p> <p>Lifestyle Advice: Get outside, Summer is here believe it or not so make the most of it and enjoy. Take an evening stroll to unwind after work or even a brisk walk in the morning to clear your mind and prepare for the day. Fresh air can work wonders and a bit of rain rarely hurts.</p> <p>Additional Activity: You can do the same as last week if you enjoyed it. If not choose another, but don't stop.</p> 	<p>Level 1: 3 miles (about 1 hour). Include a shallow gradient if you can</p> <p>Level 2: 5 miles (1.5 hours). Put some hills in this week.</p> <p>Level 3: 8 miles (2.5 hours). Choose an easy route, just get the distance under your belt.</p>

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Week 3	<p>Food Advice: The evening meal is where we tend to over-indulge. Bear in mind that you may only be up and about for a couple more hours after finishing, so your body might not need all that food. Either eat earlier so you have time to use all that potential energy or make it a light meal and eat more during the day.</p> <p>Lifestyle Advice: Use family and friends. Make a date to go to the park with your cousins, nephews, nieces, grandchildren or friends and play a game. Kick a ball around, throw the Frisbee, play some rounders or play tag. Use the youngsters as an excuse, they'll never know.</p> <p>Additional Activity: Remember, this doesn't need to be an organised activity; a long walk with the dog or cycle to work may be all you need.</p> 	<p>Level 1: 3.5 miles (up to 1.5 hours). Flat even ground</p> <p>Level 2: 6 miles (around 2 hours). Keep the route fairly level.</p> <p>Level 3: 8 miles (up to 2.5 hours). Same distance as last week, just up the pace and try to get 15 minutes off last week's time.</p>
Week 4	<p>Food Advice: Snacks can be one of our worst vices or best friends. Very handy if you're feeling hungry between meals or if you're preparing for exercise. Plan for these as you do your meals. Fruit, nuts and seeds are obvious natural snacks, but prepare your own at home such as flapjack, cornbread, fruitcake, smoothie or half a sandwich. It'll be cheaper too.</p> <p>Lifestyle Advice: If you take the bus to work, get off a stop early and walk. If you live fairly close to work then walk/cycle all the way, this could be your distance walk for the week. Take a full lunch break and walk to help your lunch settle. Making a regular activity part of your daily routine is one the best ways to stay active and healthy.</p> <p>Additional Activity: If you're struggling, look at courses run by local colleges, sports centres and schools. You don't have to be super-fit to join in.</p> 	<p>Level 1: 4 miles (about 1.5 hours). Include some gentle slopes and try to keep the pace up on the gradients</p> <p>Level 2: 6.5 miles (just over 2 hours). Include some hills and keep the pace steady all the way.</p> <p>Level 3: 8.5 miles (up to 3 hours). Include some hills; go at your own pace.</p>

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Week 5	<p>Food Advice: We are living in a world of convenience foods but have you ever read the ingredient list? If you've never heard of it or if you can't pronounce it, the chances are that you don't need it. Use fresh ingredients, organic if you can afford it and make meals yourself, you know what's in it and you're unlikely to put rubbish in there.</p> <p>Lifestyle Advice: Make a plan (or use this as a start if you like) and stick to it. The saying "If you fail to plan, you plan to fail" is just as applicable to healthy living. Decide what you're going to do, make sure it's realistic with a time-scale, write it down and do it. Monitor progress as you go and make adjustments as required and remember to celebrate your successes.</p> <p>Additional Activity: Is there an activity that you used to enjoy in the past? You may not be able to do it to the same level but you might still enjoy it.</p> 	<p>Level 1: 5 miles (up to 2 hours). Flat and level.</p> <p>Level 2: 7.5 miles (around 2.5 hours). A long one, choose an easy route.</p> <p>Level 3: 9 miles (around 3 hours). Again, include some hills but try and keep the pace up when on the slopes.</p>
Week 6	<p>Food Advice: Lunch has to keep you going until the evening, so like breakfast should contain around a third of your daily calorie intake. If you miss it or don't eat enough your body will use other energy sources, generally not fat but protein sacrificing your own muscle and organs. Make time, you'll be more efficient because of it.</p> <p>Lifestyle Advice: For you ravers out there, you can try concentrating more on the dancing (the slow ones don't really count...) instead of the drinking. When you do drink, alternate each alcoholic drink with a glass of water so you stay hydrated, pickle your liver less and avoid unwanted calories.</p> <p>Additional Activity: Is there an activity run at work, college or your local community centre? Why don't you go along to give it a try?</p> 	<p>Level 1: 5.5 miles (around 2 hours). Include a few slopes. Remember you can rest on the way if you need to.</p> <p>Level 2: 8 miles (up to 3 hours). Steady pace with some slopes</p> <p>Level 3: 11 miles (up to 4 hours). The long one, so you can satisfy yourself that you can go the distance with ease.</p>

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Week 7	<p>Food Advice: Healthy balanced meals don't need to be complicated but should include the basic food groups. Where possible, each meal should contain; carbohydrates (rice, pasta, bread, potatoes, grains etc.) to give you energy, protein (meat, fish, eggs, cheese, nuts, soya, pulses) to rebuild your body and fruit/veg to provide water, vitamins and minerals.</p> <p>Lifestyle Advice: Use a reward system, for example; if you're going out to dinner at the weekend - be good with your meals for the rest of the week, when you drop a dress or trouser size - go shopping to buy some new clothes or for walking to work 3 times a week - buy another album for your MP3 player. You'll be surprised how well it works.</p> <p>Additional Activity: By now you should have found an activity that you enjoy doing. Make sure that you keep your schedule free to take part every week.</p> 	<p>Level 1: 6.5 miles (around 2.5 hours). They are getting long now just keep the pace steady.</p> <p>Level 2: 8 miles (up to 3 hours). Same route as last week but increase the pace up the slopes.</p> <p>Level 3: 9 miles (around 3 hours). Get some hills in this week and keep the pace steady.</p>
Week 8	<p>Food Advice: Involve a friend. Sometimes it can be a hassle cooking for yourself at home or preparing for lunch at work. Involve a friend or work colleague. Take it in turns to hold a small dinner party or make lunch. It takes little extra time to cook for 2, you'll get the odd day off, it's more social and you'll get to try fab new dishes.</p> <p>Lifestyle Advice: Do the little things and see them turn it to big differences. Use the stairs instead of taking the lift. Do a little stretch routine when waiting for the kettle to boil. Walk the 5 minutes to the local shop instead of taking the car. Hand wash the car instead of using the car wash. Join in with the kids at the park.</p> <p>Additional Activity: The Moonlight stroll is nearly here. Look out for your next event to keep the momentum going for the new active you.</p> 	<p>Level 1: 7-8 miles (about 3 hours). Finish this and you'll complete the Moonlight stroll. Easy.</p> <p>Level 2: 8.5 miles (around 3 hours). Include the occasional hill. You'll breeze the Moonlight Stroll.</p> <p>Level 3: 9 miles (under 3 hours). Same route as last week but 15 minutes quicker! You'll be back to base first to put the kettle on for the others.</p>