



Medical support transforming lives

TVF 25km Thames Trekking Challenge on 12th September 2020

We thoroughly recommend you take up some form of training to participate in this event. This will ensure you are physically prepared and will help ensure you complete and enjoy the challenge. The route will be flat, and you will be walking on the tow path and the pavement at your own pace.

Training

Walking the 25km route does not require an extensive training plan and regular walking about 3 times a week is sufficient. You need to build up your walking so that you by the time of the challenge you can comfortably walk for 4 hours with regular breaks. To keep yourself motivated and avoid the boredom of walking alone, why not join with a friend/s and The Victoria Foundation Training sessions.

Hydration

It is very important to stay hydrated and it is essential that you drink water regularly during your training and during the challenge.

Group Training Sessions

Meeting at the kiosk at Pembroke Lodge Car Park in Richmond Park, on the following dates. Please email if you would like to join us: l.votier@thevictoriafoundation.org.uk

- Tuesday 18th August – training from 5pm – 7pm
- Tuesday 25th August – no training
- Tuesday 1st September – training from 5pm – 7pm
- Tuesday 8th September – training from 5pm – 8pm

Injury Prevention

Walkers experience one of the lowest incidences of injury among exercisers. Injuries that do occur are often easily prevented: inadequate training and over-training can lead to injury, as can poorly fitting shoes and socks, poor flexibility, inadequate hydration, and nutrition. It is essential that you 'break in' any new walking shoes or boots prior to the challenge.

For advice on footwear you may want to visit the following local stores

Foot Solutions

4 Red Lion Street, Richmond TW9 1RW
www.footsolutionsrichmond.co.uk

Sporting Feet

9 King Street, Richmond TW9 1ND
www.sporting-feet.com

If you have any questions, please do not hesitate to contact Lorna Votier on 020 8332 1788 or by email to l.votier@thevictoriafoundation.org.uk

THANK YOU FOR YOUR SUPPORT WHICH WILL HELP TO TRANSFORM LIVES