

Good Nutrition is part of smart End-to-End training. Follow the three golden rules to help you learn how to balance what is healthy with what you truly enjoy.

- 1. Variety:** Be adventurous with food choices. Eat from all five food groups.
- 2. Moderation:** Even foods labelled “bad for you” can fit into a well balanced diet if consumed in moderation. Again, create a balance of foods from all food groups.
- 3. Wholesome Foods:** Consume foods with little or no processing. Choose wholegrain breads and whole fruits rather than juices.

EATING TIPS:

- **Carbohydrates:** Carbs are essential for fuelling muscles. Low-carb diets are not recommended while training for the Bermuda End-to-End.
- **Protein:** While athletes do require more protein to help fuel and maintain muscle the truth is most adults in Bermuda get plenty of protein in their diet. Keep protein choices low-fat like lean meat, poultry, fish and low-fat dairy. Beans and peas are also good sources of protein. Very high protein diets are not safe athletic event training diets.
- **Snacks:** Absolutely! Snacking during those long walks will help increase your stamina and the enjoyment of your walk. Choose a low-fat source of carbohydrate that will be quickly digested while you walk (breads, crackers, cereal and fruit).
- **Water:** Make a conscious effort to drink 2 cups of water 2 hours before training and again 15 minutes before training. Every 15–20 minutes during training drink 1 cup water. After the walk be sure to drink 2 cups of water to replenish. Remember that an average person needs at least 8 cups (64 oz) of fluid everyday.
- **Caffeine:** Caffeine is a stimulant that also has a diuretic effect. It is found in coffee, tea, chocolate, cola beverages and several commercial sports drinks (check the labels). Not everyone tolerates the effects of caffeine so it is best never to try caffeine containing products for the first time during the main event.

Get Ready, Get Fit bermudaendoend.bm



Telephone: 292 6995
bermudaendoend.bm • email: ete@logic.bm

Premier Sponsors



Co-Sponsors



Principal Sponsors



Contributing Sponsors



Printed by Island Press Limited

Get Ready, Get Fit created in partnership with
Bermuda Diabetes Association, Bermuda
Physiotherapy Association, Bermuda Registered
Dieticians, Chiropody/Podiatry Board, Bermuda

Get Ready

13-Week Training Programme



GET FIT SCHEDULE
 NUTRITIONAL TIPS
 TRAINING TIPS

Get Fit



ETE Charity Recipients 2007

Bermuda Autism Support and Education Society
 Meals on Wheels • Open Airways • Keep Bermuda Beautiful
 Raleigh International

Get Ready, Get Fit! Begin this easy to follow 13-week training programme today! By starting your training early, you'll be in great shape to participate in the Bermuda End-to-End on **May 5, 2007**. It's a wonderful day of fun, fitness, and support for Bermuda's charities. This programme is designed as a safe and effective way to prepare you for the event. Feel free to change the days of the week or to make adjustments based on your own personal needs. **Remember; always consult your physician before starting any rigorous training programme.**

TRAINING TIPS:

- **Commit:** Start this training programme and make a firm, non-negotiable commitment to Get Ready, **and as a bonus Get Fit!**
- **Train Smart:** Doing too much, too fast, too soon can cause injuries, soreness, and fatigue. Follow the Get Ready, Get Fit programme and be consistent.
- **Schedule:** Plan your workouts and put them in your daily planner or calendar.
- **Training Partner:** Include family and friends. Your chance of success will be greater if you have someone who shares your commitment.
- **Monitor:** Keep track of your workout sessions. It's a great way to see your progress, stay focused and mark your weekly accomplishments.
- **Prepare:** Make sure you take 5–10 minutes at the beginning and end of every workout to warm-up and cool-down.
- **xtraining:** execute a variety of exercises that will develop your body's muscular strength and endurance, such as squats, lunges, bridges, abdominal and lower back exercises, as well as rotational exercises.

TIPS FOR HAPPY FEET:

- **Footwear:** If you need a new pair of walking shoes, get them now, at the start of your training programme. Your weekly training walks will help make them more comfortable for your feet.
- **Socks:** Choose socks made with a poly-blend that helps keep blisters and moisture away from your feet. Avoid cotton socks, as they tend to bunch up and collect sweat.
- **Nails:** Keep those toe nails short and filed.
- **Foot Trouble:** Make an appointment to see a Podiatrist and get professional advice. This will help to prevent problems on the day of the event.



Get Ready, Get Fit

13 Week Walking/Training Programme

Choose your distance goal for 2007 and follow the colour-coded guide for a successful outcome on May 5. And as a bonus, you'll be getting fit and healthy along the way! Begin each walk slowly and then gradually increase your pace.

Event Distance and Start times:

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



* Every Sunday – start at 7:00 am. Average distance 6 – 7 miles. www.walk.01.free.bm

KEEPING ACTIVE ALL DAY MAKES WALKING EASIER!

Well done! Your total time for February is:

12 1/2 hours
13 1/2 hours

IF YOU SKIP A SESSION, DON'T WORRY. KEEP GOING.

STRETCH YOUR CALF MUSCLES AFTER EACH SESSION.

WEAR A REFLECTIVE VEST IF WALKING AT NIGHT.

Well done! Your total time for March is:

24 1/2 hours
30 1/4 hours



ONE MILE IS 2400 STEPS.

GETTING BORED? TRY HILLS OR A NEW ROUTE.

Well done! Your total time for April is:

25 hours
28 hours

Well done! Your total time for May is:

1 3/4 hours
2 1/4 hours

TOTAL TRAINING TIME:

63 3/4 hours
74 hours

February

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Note: XT = Cross Training. Try strength and flexibility training for 30 – 40 min. *Use these other scheduled events for additional training purposes						
					1	2	3
WK 1	4 *Butterfield & Vallis 5k walk/run 30 – 45 min. all	rest 5	45 min 6 45 min	rest or XT 7	45 min 8 45 min	rest 9	1 hr 10 1 1/4 hr
WK 2	11 *PALS Sponsored Walk 30 – 45 min. all	rest 12	45 min 13 45 min	rest or XT 14	45 min 15 45 min	rest 16	1 1/2 hr 17 1 3/4 hr
WK 3	18 30 – 45 min. all	rest 19	45 min 20 45 min	rest or XT 21	45 min 22 45 min	rest 23	1 3/4 hr 24 2 1/4 hrs
WK 4	25 *Bermuda Heart Foundation Walk 30 – 45 min. all	rest 26	45 min 27 45 min	rest or XT 28	Don't forget to use sunscreen & lipbalm, and wear a hat for sun protection.		

March

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 4					45 min 1 45 min	rest 2	2 hrs 3 2 3/4 hrs
WK 5	4 45 – 60 min. all	rest 5	45 min 6 45 min	rest or XT 7	1 hr 8 1 hr	rest 9	1 1/2 hr 10 2 1/4 hrs
WK 6	11 *Lindo's 10k walk/run	rest 12	1 hr 13 1 hr	rest or XT 14	1 hr 15 1 hr	rest 16	2 1/2 hrs 17 3 1/2 hrs
WK 7	18 45 – 60 min. all	rest 19	1 hr 20 1 hr	rest or XT 21	1 1/4 hrs 22 1 1/4 hrs	rest 23	*Zoom around the Sound 3 1/4 hrs 24 4 hrs
WK 8	25 30 – 45 min. all	rest 26	1 1/4 hrs 27 1 1/4 hrs	rest or XT 28	1 1/4 hrs 29 1 1/4 hrs	rest 30	2 1/4 hrs 31 4 1/4 hrs

April

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 9	1 *National Trust Palm Sunday Walk 45 – 60 min.	rest 2	1 1/4 hrs 3 1 1/4 hrs	rest or XT 4	1 1/4 hrs 5 1 1/4 hrs	rest 6	2 1/4 hrs 7 3 1/4 hrs
WK 10	8 45 – 60 min. all	rest 9	1 1/4 hrs 10 1 1/4 hrs	rest or XT 11	1 1/4 hrs 12 1 1/4 hrs	rest 13	*Windreach 3k/5k walk & roll 4 hrs 14 5 hrs
WK 11	15 45 – 60 min. all	rest 16	1 hr 17 1 1/4 hrs	rest or XT 18	1 1/4 hrs 19 1 1/4 hrs	rest 20	3 hrs 21 3 1/2 hrs
WK 12	22 45 – 60 min. all	rest 23	45 min 24 1 1/4 hrs	rest or XT 25	1 1/4 hrs 26 1 hr	rest 27	2 3/4 hrs 28 2 1/2 hrs
WK 13	29 45 – 60 min. all	rest 30	KEEP BERMUDA BEAUTIFUL. TAKE YOUR LITTER HOME OR TO A BIN.				

May

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	45 – 60 min. all		45 min 1 1 1/4 hrs	30 min 2 30 min	rest 3	30 min 4 30 min	ETE 5 You're fit and ready to go!

REGISTRATION INFORMATION

On-line registration at bermudaendtoend.bm from March 1st.

On-site registration commences Monday, April 30th through to Friday May 4th at M3 Wireless, located at 3 Burnaby Street, from 9 am – 5 pm.

Please note your Bermuda End-to-End goodie bag, event number, and T-shirt must be collected by Friday, May 4th during registration times at M3 Wireless.