

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.

Eating Tips:

Carbohydrates are essential for fueling your muscles over the miles as you train and participate in the Catlin End-to-End.

Protein choices such as low-fat dairy products, lean meat, poultry and fish are the best sources for your training needs. Neither high protein diets nor low-carb diets are recommended during your event training.

Snacks will increase your stamina and add to your walking enjoyment. Choose low-fat sources of carbohydrates (breads, crackers, fruit and cereal) for quick and easy digestion.

Water is an essential part of your training. Try to drink a litre of water two hours before the start of your training and another litre just before you begin. Consume ½ litre every 15-20 minutes during your sessions and remember to drink another litre once your walk has ended.

Caffeine is found in coffee, tea, chocolate, cola's, and some sports drinks. It's a stimulant that also acts as a diuretic. Use caution when consuming items with caffeine before or during your training session and on the day of the event.

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



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

Get Ready

12-Week Training Programme



GET FIT SCHEDULE
NUTRITIONAL TIPS
TRAINING TIPS

Get Fit



2008 Catlin End-to-End charity recipients:

Adult Education School • Bermuda National Trust
Duke of Edinburgh • Greenrock • The Family Centre
Windreach

Getting ready for the event is easy if you start your training today! Use our 12-week 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:

- **Commit:** Decide right now that this training is important to you. Make a firm commitment to start and complete the programme.
- **Train Smart:** Doing too much, too fast, too soon can cause injuries, soreness, and fatigue. Follow the Get Ready, Get Fit guide and be consistent with your workouts.
- **Schedule:** Plan your workouts and put them in your calendar or daily planner. Miss a session? Get back on track and don't worry.
- **Training Partner:** Share your commitment with family and friends. Your chance of success will be greater if you have a training buddy and the support of friends.
- **Check:** Keep track of your workout sessions. It's a great way to mark your progress, stay motivated and focused.
- **Keep Bermuda Beautiful!** Take your litter to the nearest bin.
- **Prepare:** Use 5–10 minutes at the beginning and end of each session to warm-up and then cool-down.
- **The St. George's – Dockyard 24.1 mile walk is an exciting challenge:** Early and consistent preparation is the key for a successful outcome. If your training time is limited, try the 14.7 mile walk instead.
- **Cross-train:** Mix other aerobic activities, strength training and stretching routines with your programme whenever possible.

TIPS FOR HAPPY FEET:

- **Shoes:** Need a new pair of walking shoes? Get them now, at the start of your training..
- **Socks:** Cotton socks can cause problems. Choose poly-blends to keep blister-causing moisture away from your feet.
- **Nails:** Keep toe nails short and filed.
- **Foot Trouble:** See a podiatrist now and get professional advice to prevent problems occurring on the day of the event.



Get Ready, Get Fit

12-Week Walking/Training Programme

Choose your distance goal for 2008 and follow the colour-coded guide below. Start each walk slowly and gradually increase your pace. Begin your training today – enjoy the benefits on May 3rd!



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)



The Walking Club of Bermuda.
FREE WALKS – Sundays at 7:00 am.
www.walk.01.free.bm
for more information



Live Healthy Bermuda offers FREE walk-training sessions for beginners –

National Stadium:
Tuesday 5:45pm,
Friday 7:00am,
Sunday 12 noon.

Dockyard:
Monday-Thursday
6:30pm.

For further information, call the Bermuda Diabetes Association 297-8427



February

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 1	3 Don't forget to use sunscreen & lipbalm, and wear a hat for sun protection.	4	5	6	7	8	9
WK 2	10 KEEPING ACTIVE ALL DAY MAKES WALKING EASIER!	11 rest	12 45 min 45 min	13 rest	14 45 min 45 min	15 rest	16 1 hr 1 1/4 hr
WK 3	17 30 – 45 min. all	18 rest	19 45 min 45 min	20 rest	21 45 min 45 min	22 rest	23 1 1/2 hr 1 3/4 hr
	24 30 – 45 min. all	25 rest	26 45 min 45 min	27 rest	28 45 min 45 min	29 rest	WEAR A REFLECTIVE VEST IF WALKING AT NIGHT.

March

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 3	KEEP BERMUDA BEAUTIFUL. TAKE YOUR LITTER HOME OR TO A BIN.						1 1 3/4 hr 2 1/4 hrs
WK 4	2 IF YOU SKIP A SESSION, DON'T WORRY. KEEP GOING.	3 rest	4 45 min 45 min	5 rest	6 45 min 45 min	7 rest	8 2 hrs 2 3/4 hrs
WK 5	9 Lindo's 4 m walk/run	10 rest	11 45 min 45 min	12 rest	13 1 hr 1 hr	14 rest	15 1 1/2 hr 2 1/4 hrs
WK 6	16 45 – 60 min. all	17 rest	18 1 hr 1 hr	19 rest	20 1 hr 1 hr	21 rest	22 2 1/2 hrs 3 1/2 hrs
WK 7	23 45 – 60 min. all	24 rest	25 1 hr 1 hr	26 rest	27 1 1/4 hrs 1 1/4 hrs	28 rest	29 3 1/4 hrs 4 hrs
WK 8	30 30 – 45 min. all	31 rest					
					STRETCH YOUR CALF MUSCLES AFTER EACH SESSION.		

April

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 8	*National Trust Palm Sunday Walk 45 – 60 min.	GETTING BORED? TRY HILLS OR A NEW ROUTE.	1 1 1/4 hrs 1 1/4 hrs	2 rest	3 1 1/4 hrs 1 1/4 hrs	4 rest	5 2 1/4 hrs 4 1/4 hrs
WK 9	6 45 – 60 min. all	7 rest	8 1 1/4 hrs 1 1/4 hrs	9 rest	10 1 1/4 hrs 1 1/4 hrs	11 rest	12 4 hrs 5 hrs
WK 10	13 45 – 60 min. all	14 rest	15 1 hr 1 1/4 hrs	16 rest	17 1 1/4 hrs 1 1/4 hrs	18 rest	19 3 hrs 3 1/2 hrs
WK 11	20 45 – 60 min. all	21 rest	22 45 min 1 1/4 hrs	23 rest	24 1 1/4 hrs 1 hr	25 rest	26 Windreach 3k/10k walk & roll 2 3/4 hrs 2 1/2 hrs
WK 12	27 45 – 60 min. all	28 rest	29 45 min 1 1/4 hrs	30 rest		ONE MILE IS 2400 STEPS.	

May

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 12					45 min 1 1/4 hrs	1 30 min 30 min	2 CATLINE-ETE You're fit and ready to go!

REGISTRATION INFORMATION

On-line registration at bermudaendtoend.bm from March 1st. Entry forms, including a course map and waiver form, will be inserted in the Royal Gazette in March. For more information, please email ete@logic.bm or visit www.bermudaendtoend.bm.