

May 3, 2008.

What to do on the "big day":

1. Eat a healthy, but light breakfast at least one hour before the start so that you won't have a full stomach. When the food digests, you should have lots of energy to get through the walk. Don't try any new foods on the big day.
2. After you start, don't compete with friends. Walk at your own pace or speed and if a friend walks at your pace, the two of you can walk together. Slow down if you feel breathless or too tired.
3. Make sure that you drink water and eat light snacks. Carry your own water bottle and refill it along the way when you've emptied it.
4. If you get injured or hurt, let an event official know right away.
5. Keep Bermuda Beautiful. Do not litter or leave trash in the bushes.
6. Follow the directions that the road marshals give you. Walking in two's is OK, but walking in a single file is even safer.
7. Most importantly – remember that you are amazing! Walking 14.7 miles or 24.1 miles is quite an accomplishment!

If you enjoy helping others, pick up your Catlin End-to-End entry form from www.bermudaend-toend.bm after March 1 and start fund raising!

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



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



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Get Ready Youth Invasion

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

All right! You're ready to get fit by entering the **2008 Catlin End-to-End** event. You and your friends can start training early to get fit, have fun, and raise funds for some of Bermuda's charities.

To get started with your training, follow these tips:

SHOES:

Good walking shoes are the most important thing to get started. They don't need to be expensive. Ask a parent to buy you new shoes now if your old ones have been worn for more than a year. They should be supportive and comfortable IN THE STORE BEFORE YOU TAKE THEM HOME.

SOCKS:

Don't want blisters on your feet? Wear only Cool-Max or other poly-blended socks that wick the moisture away from your feet – never cotton.

EATING:

Eat a healthy breakfast (cereal should have 3 g of fiber/serving). Eat a piece of fruit and yogurt or milk at least one hour before you walk.

WATER:

During and after your daily walk, slowly drink lots of water (up to ½ liter or more), so that you don't feel really hot and tired.

TRAINING:

1. Choose the distance that you plan to walk and follow the 12-week plan laid out inside this guide.
2. At any point during the training, if you feel fit enough, you can change to the longer distance. If you feel that the 24.1-mile route is too long, change to the shorter distance and follow its training schedule.
3. Be consistent! Don't take long breaks between training days. This way you'll feel fitter and be less likely to get injured on the "big day".

SUN PROTECTION:

Wear sunglasses and rub sun protection on all uncovered areas of skin. Wear a cap on your head.

REMINDER: When registering, all children under 18 years must have a waiver signed by their parent or guardian.



Get Ready, Get Fit



12-Week Training Programme

FEBRUARY • MARCH • APRIL

12-Week Walks	TRAINING FOR THE 14.7 MILE EVENT 4 Walks every week, until Week 12	TRAINING FOR THE 24.1 MILE EVENT 4 Walks every week, until Week 12	HELPFUL HINTS	
			HEALTHY EATING	TRAINING
WEEK 1 February 10 – 16	3 times for 45 mins. 1 time for 1¼ hours	3 times for 45 mins. 1 time for 1½ hours	Plain, unsweetened water is the best drink there is!	Walking with a friend can help make your walks more fun and you'll encourage each other.
WEEK 2 February 17 – 23	2 times for 45 mins. 1 time for 1 hr. 1 time for 1½ hours	2 times for 45 mins. 1 time for 1 hr. 1 time for 2 hours	Make sure that you eat healthy foods from the 5 food groups every day. Log onto www.mypyramid.gov	Feeling a little sore or stiff is normal when you start walking regularly but tell a parent or your P.E. teacher if it does not go away.
WEEK 3 February 24 – March 1	3 times for 1 hr. 1 time for 1¼ hours	3 times for 1 hr. 1 time for 2½ hours	Eat whole grain foods like oatmeal cereal, brown rice, and bread, so that you can feel full sooner and for longer.	Did you know that all children should get 10 or 11 hours of sleep every night?? Sleep replenishes the body and gives you energy.
WEEK 4 March 2 – 8	3 times for 1 hr. 1 time for 2 hours	3 times for 1 hr. 1 time for 2¾ hours	Try eating a new fruit or vegetable this week. Does it taste like any other food? What country is it from?	All of this walking can wear your feet down a bit! Use Vaseline to help your feet slide in your shoes, instead of ending up with blisters.
WEEK 5 March 9 – 15	3 times for 1 hr. 1 time for 2¼ hrs.	3 times for 1 hr. 1 time for 3 hrs.	Make sure that you eat a healthy breakfast every day! You'll have more energy for thinking, learning, and exercising.	Did you know that 1 mile = about 2,400 steps? How many did you walk this week?
WEEK 6 March 16 – 22	3 times for 1 hr. 1 time for 2½ hrs.	3 times for 1 hr. 1 time for 3¼ hrs.	Drink at least ½ - 1 liter of water before, during and after your walks. Drink more, if you feel thirsty.	Make sure that you stretch after your walks to help prevent injury. Your muscles will also become more flexible.
TOTAL MINUTES WALKED IN 6 WEEKS:			HOW MANY MINUTES HAVE YOU WALKED THUS FAR? YOU ARE GETTING FITTER AND FITTER!	
1680 MINUTES!			1905 MINUTES!	
WEEK 7 March 23 – 29	3 times for 1 hr. 1 time for 2¾ hrs.	3 times for 1 hr. 1 time for 3½ hrs.	You know that 100% juice is healthy, but it still has too much natural sugar in it. Don't drink more than 8 ounces a day. Drink water.	You can walk the beach with a stop watch or walk knee high in the water for variety. Wear reflective clothing if walking at dusk.
WEEK 8 March 30 – April 5	3 times for 1 hr. 1 time for 3 hrs.	3 times for 1 hr. 1 time for 3¾ hrs.	Instead of eating cookies and cupcakes, eat graham crackers, mini bran muffins, or vanilla wafers.	Is walking becoming boring? Don't stop!! Just change your route ... or climb more hills.
WEEK 9 April 6 – 12	3 times for 1 hr. 1 time for 3½ hrs. (this is your longest walk!)	3 times for 1 hr. 1 time for 4 hrs.	Try to drink 2% milk, or drink calcium fortified orange juice or eat low-fat or fat-free yogurt every day, so that you can get the calcium for your teeth and bones to grow.	Even if the day is a bit cloudy, make sure that you rub sunscreen (SPF 30 or 45) on all uncovered parts of your body. On sunny days, wear a hat and sunglasses.
WEEK 10 April 13 – 19	3 times for 1 hr. 1 time for 2½ hrs.	3 times for 1 hr. 1 time for 4½ hrs. (this is your longest walk!)	Eating fried and sugary foods will not give you the energy that you need to get through your walks.	Try to think positive, happy thoughts during your walks. That will help the make time go faster!
WEEK 11 April 20 – 26	3 times for 1 hr. 1 time for 2 hrs.	3 times for 1 hr. 1 time for 3 hrs.	Try to eat foods before you add salt to them! Foods have natural tastes that salt can cover up.	You are fit compared to when you started! You can now ease back slightly on your training.
WEEK 12 April 27 – May 3	3 Walks this week: 1 time for 1 hr. 2 times for 30 mins.	3 Walks this week: 1 time for 1 hr. 2 times for 30 mins.	Congratulations, you're ready for the "big day" this Saturday! Make sure that you drink at least ½ liter or more of water every day this week to stay hydrated.	Keep your energy levels high during your walk this Saturday by stopping for 1 – 2 cups of water at every stop. Have small, healthy snacks if you need more energy.