



# Get Ready, Get Fit

## 10 Week Training Programme



### Bermuda End-to-End Distances and Event Start Times

Choose one of the distances below as your goal for 2006 and adjust your 10-week training programme accordingly.

- ETE:** Walk End-to-End 40km/26miles (8am)
- ETE:** Cycle End-to-End 40km/26miles (9am)
- ETE:** Rower End-to-End 20km/12miles (10am)
- ETE:** Kayak End-to-End 12km/8miles (11am)
- ETE:** Swim End-to-End 3km/2miles (9:30am)
- MTE:** Walk Middle-to-End 24 km/15miles (10am)
- MTE:** Cycle Middle-to-End 20km/12miles (10am)
- MTE:** Rower Middle-to-End 12km/8miles (11am)
- MTE:** Kayak Middle-to-End 3km/2miles (12pm)
- 10kTE:** Walk 10k-to-End 10km/6miles (1pm)
- 5kTE:** Walk 5k-to-End 5k/3miles (2pm)

## February/March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Don't forget to use sunscreen & lipbalm, and wear a hat for sun protection. <b>26</b>	<b>27</b>	<b>5kTE</b> 15 min <b>10kTE</b> 20 min <b>MTE</b> 30 min <b>ETE</b> 30 min <b>28</b>	<b>1</b>	<b>5kTE</b> 15 min <b>10kTE</b> 20 min <b>MTE</b> 30 min <b>ETE</b> 30 min <b>2</b>	<b>3</b>	<b>5kTE</b> 15 min <b>10kTE</b> 30 min <b>MTE</b> 45 min <b>ETE</b> 45 min <b>4</b>	WK 1
<b>5</b>	<b>6</b> STRETCH YOUR CALF MUSCLES AFTER EACH SESSION.	<b>5kTE</b> 20 min <b>10kTE</b> 30 min <b>MTE</b> 45 min <b>ETE</b> 45 min <b>7</b>	<b>8</b>	<b>5kTE</b> 20 min <b>10kTE</b> 30 min <b>MTE</b> 45 min <b>ETE</b> 45 min <b>9</b>	<b>10</b>	<b>5kTE</b> 20 min <b>10kTE</b> 45 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>11</b>	WK 2
<b>Lindo's 10k walk</b> <b>12</b> 9:00 am (6 miles) Middle Road, Warwick	<b>13</b>	<b>5kTE</b> 25 min <b>10kTE</b> 40 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>14</b>	<b>15</b>	<b>5kTE</b> 25 min <b>10kTE</b> 40 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>16</b>	<b>17</b> WEAR A REFLECTIVE VEST IF WALKING AT NIGHT.	<b>18</b> <b>Zoom Around the Sound Walk</b> 9:00 am Aquarium	WK 3
<b>5kTE</b> 25 min <b>10kTE</b> 60 min <b>MTE</b> 75 min <b>ETE</b> 75 min <b>19</b>	<b>20</b>	<b>5kTE</b> 30 min <b>10kTE</b> 45 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>21</b>	<b>22</b>	<b>5kTE</b> 30 min <b>10kTE</b> 45 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>23</b>	<b>24</b>	<b>5kTE</b> 30 min <b>10kTE</b> 70 min <b>MTE</b> 90 min <b>ETE</b> 120 min <b>25</b>	WK 4
<b>Week 5</b> <b>26</b> You're 1/2 way there!	<b>27</b>	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>28</b>	<b>29</b> IF YOU SKIP A SESSION, DON'T WORRY. KEEP GOING.	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>30</b>	<b>31</b>		WK 5

## April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			<b>ONE MILE IS 2400 STEPS. WOW, YOU'RE REALLY MOVING NOW.</b>			<b>5kTE</b> 45 min <b>10kTE</b> 60 min <b>MTE</b> 120 min <b>ETE</b> 150 min <b>1</b>	WK 5
<b>2</b>	<b>3</b>	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>4</b>	<b>5</b>	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>6</b>	<b>7</b> KEEP ACTIVE ALL DAY. MAKES WALKING EASIER!	<b>5kTE</b> 50 min <b>10kTE</b> 75 min <b>MTE</b> 150 min <b>ETE</b> 180 min <b>8</b>	WK 6
<b>Palm Sunday Walk</b> <b>9</b> Bermuda National Trust. 6 – 8 miles	<b>10</b>	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>11</b>	<b>12</b>	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>13</b>	<b>14</b>	<b>5kTE</b> 55 min <b>10kTE</b> 90 min <b>MTE</b> 160 min <b>ETE</b> 210 min <b>15</b>	WK 7
<b>16</b>	<b>17</b> GETTING BORED? TRY HILLS OR A NEW ROUTE.	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>18</b>	<b>19</b>	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>20</b>	<b>21</b>	<b>5kTE</b> 45 min <b>10kTE</b> 70 min <b>MTE</b> 100 min <b>ETE</b> 150 min <b>22</b>	WK 8
<b>5kTE</b> 30 min <b>10kTE</b> 45 min <b>MTE</b> 60 min <b>ETE</b> 90 min <b>23</b> <b>30</b>	<b>24</b>	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>25</b>	<b>26</b>	<b>5kTE</b> 30 min <b>10kTE</b> 50 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>27</b>	<b>28</b>	<b>Windreach</b> <b>29</b> <b>3k/10k Walk/Run</b> 9:00 am	WK 9

## May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
KEEP BERMUDA BEAUTIFUL. TAKE YOUR LITTER HOME OR TO A BIN.	<b>1</b>	<b>5kTE</b> 30 min <b>10kTE</b> 45 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>2</b>	<b>3</b>	<b>5kTE</b> 30 min <b>10kTE</b> 45 min <b>MTE</b> 60 min <b>ETE</b> 60 min <b>4</b>	<b>5</b>	<b>You're now fit and ready. Today is Bermuda End-to-End!</b> Enjoy. Have a great End to End experience! <b>6</b>	WK 10

### REGISTRATION INFORMATION

Online registration at [bermudaendtoend.bm](http://bermudaendtoend.bm)

Monday, May 1st – Friday May 5th at M3 Wireless 3 Burnaby Street.

9:00 am – 5:00 pm with extended hours to 7:00 pm on Wednesday May 3rd.

**Please note** your Bermuda End-to-End goodie bag, event number, and T-shirt must be collected by Friday, May 5th during registration times at M3 Wireless.

