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Get Ready, Get Fit created in partnership with

Bermuda Diabetes Association, Bermuda Physiotherapy Association, Bermuda Registered Dietitians, Chiroprody/Podiatry Board, Bermuda

Get Ready

YOUTH INVASION

10-Week Training Programme



Get Fit



ETE Charity Recipients 2006
Bermuda Audubon Society • PRIDE Bermuda
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The Family Centre • WindReach Recreational Village
Women's Resource Centre • Knowledge Quest

Get Ready, Get Fit!

10 WEEK TRAINING PROGRAMME

Great news! You have decided to be a part of the Bermuda End-to-End event. It's a good way to get fit, be with school friends for a day of fun, and through your pledge raising, help Bermuda's charities. And by starting your training now, you'll cross the Finish Line in Dockyard with a smile still on your face and a huge feeling of pride in your achievement.

It's really easy to do. Just choose which distance you plan to walk on the guide inside and then follow the 10 week training programme. But before you hit the road and start training, first consider these training tips:

Your shoes are the most important equipment you will need. Have your parents check your walking gear and if you need new shoes, get them now.

Good socks will keep your feet happy and blister free. CoolMax or other poly blended fabrics are best. Avoid all cotton socks as they tend to bunch up and cause blisters.

Children and teens don't sweat as much as adults do so cooling off is more of a problem. As the weather is getting warmer, you may find yourself feeling really hot and tired after exercising. Drink lots of water and if you continue to feel unwell, cut back on your training for a few days.

Most problems with training come from doing too much, too fast and too soon. Keep up with your training. A last minute push to get ready can cause injuries and sore legs and feet.

While you're out walking, do you want to improve our environment, support families in trouble, assist those in Bermuda with special needs? Get a Bermuda End-to-End FUN Raising brochure and start collecting pledges today! The FUN Raising brochure contains your pledge sheet, an event map, your registration form and parental waiver.

May 6

END-TO-END DO'S:

Start slowly and pick up speed along the way.

This is a day to have fun and enjoy the company of friends and schoolmates, not compete.

Stop at every water stop and fill up with snacks and water. Keep a plastic bottle with you and refill along the way just in case.

Let someone know if you are injured or are in pain.

Find your own comfort level. Try to walk with a friend who walks at the same pace. Don't try to keep up if you feel that you are getting breathless and too tired.

Take your trash with you and leave it at the next water stop. If you can't manage this, drop it along the trail where the cleaning crews can see it later on; don't throw it in the bushes.

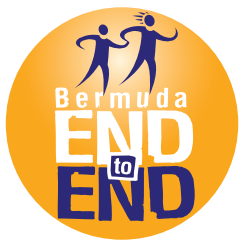
Follow the directions of the road marshals. Walk in two's and on corners, walking in single file may be wise.

Don't forget that you are amazing! Walking the Bermuda End-to-End is a huge accomplishment and you should be very proud of yourself.

All Youth Invasion pledges will be matched by Bank of Bermuda Foundation up to a collective total of \$10,000 and the school with the most participants will be presented with a \$1,000 prize by the Bank of Bermuda Foundation, Premier Sponsor of the Bermuda End-to-End. Watch your dollars grow!

The top two youth Gold Club members (individual youths who raise over \$1,000) are eligible to win the coolest mobile phone from M3 Wireless.





Get Ready Get Fit

YOUTH INVASION

10 Week Training Programme

Decide on your Bermuda End-to-End distance goal for 2006 and then follow the training programme listed below. Good luck and keep walking!

There is no entry fee for Youth Invasion participants, but a minimum of \$40 in pledges must be raised to participate.

- ETE:** Walk End-to-End 40km/26miles (8am start King's Square, St. George's)
- MTE:** Walk Middle-to-End 24km/15miles (10am start Albuoy's Point, Hamilton)
- 10kTE:** Walk 10k-to-End 10km/6miles (1pm start Rockaway Ferry Stop, Southampton)
- 5kTE:** Walk 5k-to-End 5km/3miles (2pm start 9 Beaches, Sandy's)

February/March/April

	WALKING 5KTE (3 MILES/5KM)	WALKING 10KTE (6MILES/10KM)	WALKING MTE (15 MILES/24KM)	WALKING ETE (26MILES/40KM)
Week 1 February 26 - March 4	3 x 15 minute walks -	2 x 20 minute walks 1 x 30 minute walk	2 x 30 minute walks 1 x 45 minute walk	2 x 30 minute walks 1 x 45 minute walk
<i>Helpful Hint: Breakfast is the most important meal of the day! Ask for whole grain cereals and for a change, try whole grain toast with cheese.</i>				
Week 2 March 5 - 11	3 x 20 minute walks -	2 x 30 minute walks 1 x 45 minute walk	2 x 45 minute walks 1 x 60 minute walk	2 x 45 minute walks 1 x 60 minute walk
<i>Helpful Hint: Drink lots of water before, during and after each walk and avoid drinking sodas, sugary drinks and juice while exercising.</i>				
Week 3 March 12 - 18	3 x 25 minute walks -	2 x 40 minute walks 1 x 60 minute walk	2 x 60 minute walks 1 x 75 minute walk	2 x 60 minute walks 1 x 90 minute walk
<i>Helpful Hint: Feeling a bit sore? It sometimes happens when you've just started exercising. Tell your P.E. teacher or parent if the feeling persists or you feel pain.</i>				
Week 4 March 19 - 25	2 x 30 minute walks 1 x 35 minute walk	2 x 50 minute walks 1 x 80 minute walk	2 x 60 minute walks 1 x 110 minute walk	2 x 60 minute walk 1 x 150 minute walk
<i>Helpful Hint: Now that you're taking longer training walks, you'll need to eat a healthy snack along the way. Try creating your own trail mix with crunchy cereal, raisins, and nuts.</i>				
Week 5 March 26 - April 1	3 x 30 minute walks -	2 x 45 minute walks 1 x 70 minute walk	2 x 60 minute walks 1 x 90 minute walk	2 x 60 minute walk 1 x 120 minute walk
<i>Helpful Hint: Did you know that 1 mile is about 2400 steps? Adding those extra miles will add lots more wear and tear to your feet. Try Vaseline to reduce friction and keep your feet sliding, not rubbing.</i>				
GOOD JOB! YOU'VE MADE IT HALF WAY THROUGH THE TRAINING. CHECK THE TOTAL OF MINUTES YOU HAVE WALKED ALREADY! WOW!				
TOTAL MINUTES WALKED IN 5 WEEKS: 5KTE TOTAL -365 MINUTES! 10KTE TOTAL-655 MINUTES! MTE TOTAL-880 MINUTES! ETE TOTAL-975 MINUTES!				
Week 6 April 2 - 8	2 x 30 minute walks 1 x 40 minute walk	2 x 60 minute walks 1 x 90 minute walk	2 x 75 minute walks 1 x 140 minute walk	2 x 75 minute walks 1 x 180 minute walk
<i>Helpful Hint: Eating smart=Training Smart! You need 2-3 servings of calcium each day. Try eating yogurt, cheese or drinking milk. Don't like the taste of milk? Add a few teaspoons of chocolate powder!</i>				
Week 7 April 9 - 15	2 x 30 minute walks 1 x 50 minute walk	2 x 60 minute walks 1 x 120 minute walk	2 x 75 minute walks 1 x 180 minute walk	2 x 75 minute walks 1 x 210 minute walk
<i>Helpful Hint: Getting bored with your training? Try a new route, add spurts of running, hit the hills, or add a new activity to your weekly schedule. Only 3 weeks to go!</i>				
Week 8 April 16 - 22	2 x 30 minute walks 1 x 50 minute walk	2 x 60 minute walks 1 x 120 minute walk	2 x 75 minute walks 1 x 180 minute walk	2 x 75 minute walks 1 x 210 minute walk
<i>Helpful Hint: It's getting hot, hot, hot on your training walks. Wear a hat and sunscreen, drink lots of water, and if necessary, slow down a bit.</i>				
Week 9 April 23 - 29	2 x 30 minute walks 1 x 45 minute walk	2 x 45 minute walks 1 x 60 minute walk	2 x 60 minute walks 1 x 90 minute walk	2 x 60 minute walks 1 x 120 minute walk
<i>Helpful Hint: Your hard work and effort have paid off! You're fit and almost ready to go. This week you can ease back a bit on the time you spend training.</i>				
Week 10 May 3 - May 6	3 x 30 minute walks -	2 x 45 minute walks 1 x 30 minute walk	2 x 60 minute walks 1 x 45 minute walk	2 x 60 minute walks 1 x 45 minute walk
<i>Helpful Hint: Get ready for the walk on Saturday by drinking water frequently throughout the days of this week. During the ETE walk, stop at every water stop and drink 1-2 cups of water.</i>				
SATURDAY MAY 6, 2006 - YOU'VE DONE THE MILES, NOW YOU CAN WALK WITH A SMILE.				
TOTAL MINUTES WALKED IN 10 WEEKS: 5KTE TOTAL -870 MINUTES! 10KTE TOTAL-1615 MINUTES! MTE TOTAL-2105 MINUTES! ETE TOTAL-2345 MINUTES!				
HAVE LOTS OF FUN ON THE END-TO-END WALK TODAY. CONGRATULATIONS ON COMPLETING THE TRAINING! GOOD JOB!!!				

YOU'RE NOW FIT AND READY!

Today is Bermuda End-to-End!
Enjoy. Have a great End-to-End experience!

REGISTRATION INFORMATION*

Online registration at www.bermudaendoend.bm

Or register Monday, 1 May – Friday, 5 May at M3 Wireless 3 Burnaby Street.

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

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

School team registration Ask your school End-to-End coordinator about registering a team for your school.

Ask them to contact Katrina Simons at Bank of Bermuda for school registration details 299-6930.

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