

# SYDNEY HARBOUR HIKE TRAINING PLAN



The **Fred Hollows**  
Foundation



**To enjoy a 34km hike like the Sydney Harbour Hike it is worthwhile to train and be prepared for it.**

Start your training no later than 8 weeks out from the event day, with short walks of 1 hour, 2-3 times a week, after a few weeks add a day of 30-to-60-minute Interval training (Stairs, Bike, Sand running).

Don't forget to give your body regular rest to avoid injury; massage, yoga or pilates sessions once a week can go a long way.

The aim is to train by avoiding exhaustion and injuries. 4 weeks out from the event day you should be able to walk comfortably for 2 hours 2-3 times a week.

In addition to the regular weekly walks, the important part is your weekend hike, where you slowly increase the distance as outlined below. Try to train on the Sydney Harbour Hike course if you can, so you get used to the route.

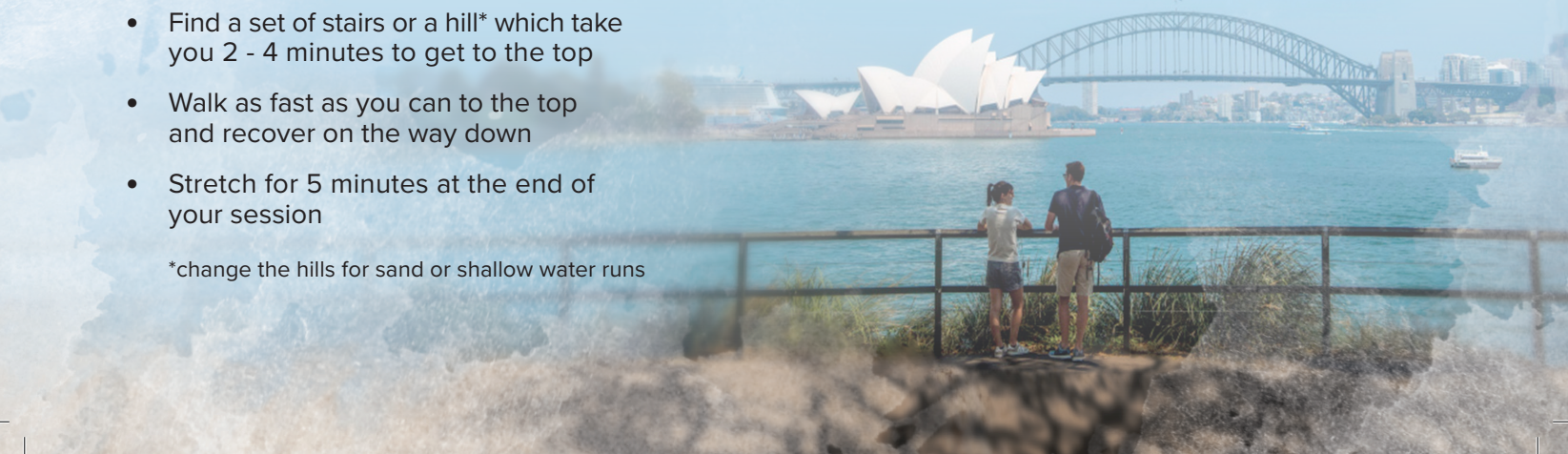
## TIPS: INTERVAL TRAINING

- Warm up for 5 minutes
- Find a set of stairs or a hill\* which take you 2 - 4 minutes to get to the top
- Walk as fast as you can to the top and recover on the way down
- Stretch for 5 minutes at the end of your session

\*change the hills for sand or shallow water runs

## TIPS: WEEKEND HIKING

- Download the Sydney Harbour Hike map app to your phone
- Sydney Harbour Hike is a cup free event so take a water bottle or hydration pack
- Wear suitable, comfortable footwear
- Wear a t-shirt, leggings or shorts and quality socks
- Pack a hat, sunglasses and sun lotion
- Bring your mobile phone, credit card (to buy some snacks at a café along the way) and an Opal card
- Pack a raincoat if the forecast is for wet weather, or a wind jacket for cooler days
- Take a torch – it can be dark early in the morning
- Don't hike on your own if possible
- Let someone know where you go and for how long





# BE RUNNER

## 12 WEEK PLAN

MID-WEEK WALK 1	MID-WEEK WALK 1	WEEKEND HIKE
30min Easy Walk	40min Easy Walk	60min Easy Walk
40min Easy Walk	45min Easy Walk	10km Easy walk
45min Easy Walk	45min Easy Walk	12km Easy Work
45min Easy Walk	1hr Easy Walk	12km hike
45min Effort Walk	1hr 20min Easy Walk	14km hike
45min Effort Walk	1hr 30min Easy Walk	15km hike
1hr Effort Walk	1hr 40min Easy Walk	16km hike
1hr Effort Walk	1hr 50min Easy Walk	18km hike
1hr 15min Effort Walk	2hr Easy Walk	20km hike
1hr 30min Effort Walk	1hr 20min Easy Walk	24km hike
1hr Effort Walk	1hr Easy Walk	16km hike
45min Easy Walk	45min Easy Walk	34km Sydney Harbour Hike

### OPTIONS FOR EFFORT WALKS:

1. At an increased pace compared to your normal walk.
2. On a combination of hills, stairs or on the flat.
3. On soft sand

### NOTE:

When completing effort walks take the time to do some easy walking before and after for a warm up and cool down

