



Every day 10 families are told the devastating news that their child has cancer. CLIC sargent is the only charity offering them care and support, every step of the way.



‘ Maggie’s Highlands is a Cancer Caring Centre in the grounds of Raigmore Hospital. We offer information, support and advice to anyone affected by a cancer diagnosis, their family, friends and carers. Because everything we offer is free of charge and we receive no statutory funding we depend entirely on fundraising and the generosity of our supporters to run our centre.’

Walk into Halkirk Gala Week  
Saturday, 11<sup>th</sup> June 2011

**SUNSET WALK**



**INFORMATION BOOKLET**

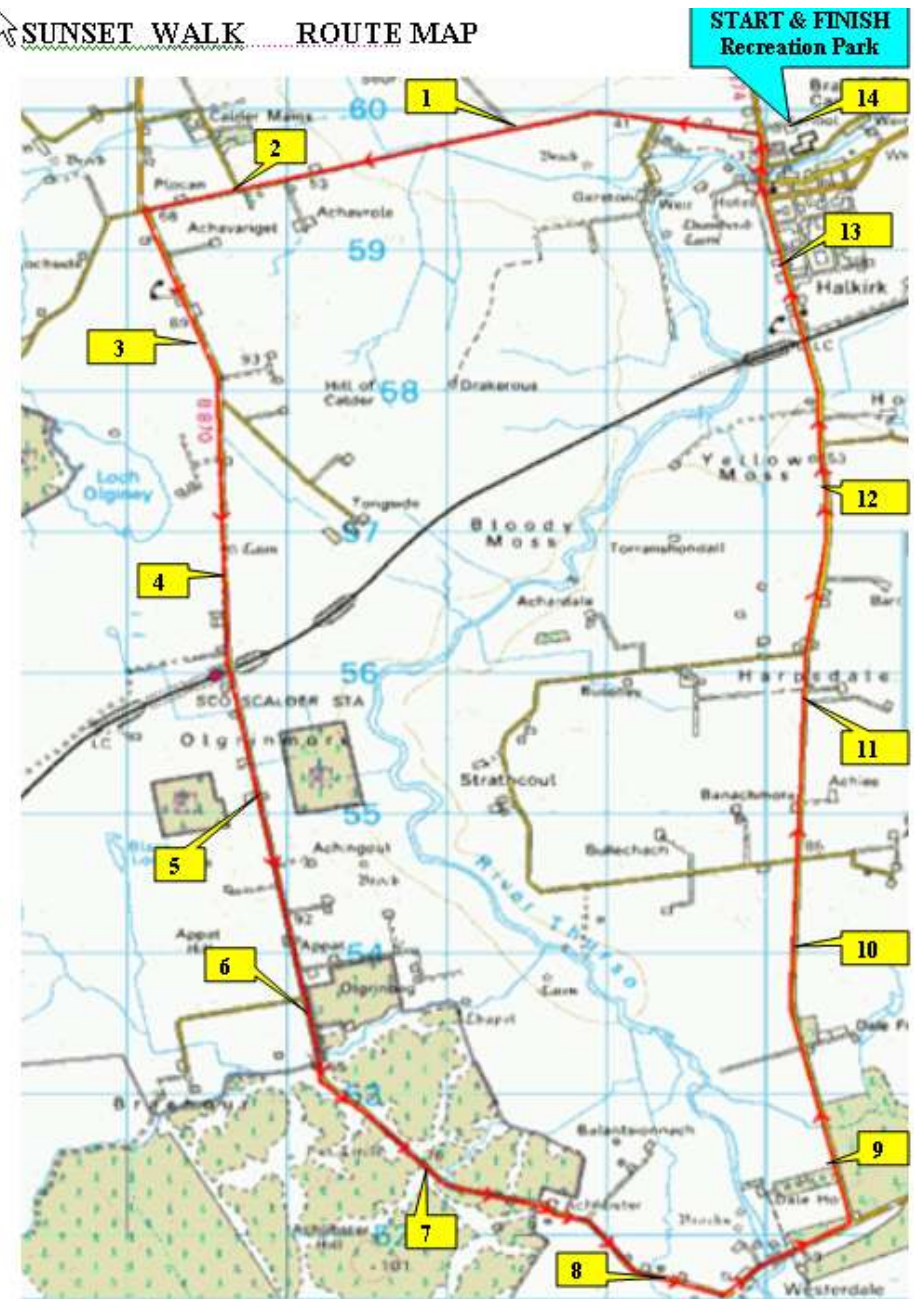
## Welcome to the Sunset Walk Halkirk Gala Week 2011

We are delighted that you have decided to take part in our fourth Sunset Walk in aid of local charities and Halkirk Gala Week. Of the sponsorship money raised, 60% will be split equally between the local branches of CLIC Sargent, Maggie's Highland and the remaining 40% will go to Halkirk Gala Week for community benefit. Details of how the Halkirk Community have benefited from last years Gala can be found in the Gala Week Programme 2011.

The Walk is open to all persons over the age of 13 and the route will take in some of the most scenic views in Caithness. Join us at the end of the walk for a food and refreshments in the Marquee at the Recreation Park.

We are grateful for your support in this new challenge and thank you on behalf of Halkirk Gala Week and local charities.

### SUNSET WALK ROUTE MAP



To use this plan, you must be able to walk 2 miles at a constant pace of 18-20 minutes per mile. If you are not able to do this yet, start with walking as far as you can until you are up to 2 miles and then repeat the first week as many times as necessary.

The goal is to complete the Sunset Walk in 4 to 4½ hours, walking approximately 13-15 minute miles.

### Pink - Walk Days

Start by just getting into the habit of walking regularly - mix long walks with short walks ... try increasing your speed just a little each time you do a short walk. After week 5, why not try interval training - alternating walking fast and slow to increase stamina.

### Yellow Days

Try any other activity to help increase your stamina and fitness; try swimming, dancing or pilates - enjoyment is the deciding factor! Start off with 15 minutes and build up your time. Choose whatever you enjoy, but make sure you always increase your heart rate.

### Turquoise Days

Take a rest for aerobic activity - but spend 5-10 minutes a day having a good stretch. The more you do, the more you will want to do and you will really notice a difference with your walking and flexibility.

## Saturday 11<sup>th</sup> June 2011 - THE BIG DAY!

1. Please arrive early for registration at 4.30pm for a 5pm start.
2. The following facilities will be available at the Recreation Park:
  - Car parking
  - Toilets
  - Marquee changing
  - Changing rooms
  - Communal showers
  - Food and bar
3. When selecting walking gear please take into consideration the Caithness weather. Make sure your walking number is prominent on your t-shirt so we can make a note of your finishing time.
4. All sponsor forms should be returned to Sonja Sinclair no later than **Sunday 31<sup>st</sup> July 2011**, forms can be handed in on the day if all monies collected.
5. Photographs will be taken at the start and various points throughout the walk and these will be available for purchase from the website.
6. Water stations will be situated around the course. Toilets will also be available at various points - they will be shown on the map given out on the day.
7. Committee cars will be visible on route in case of difficulties and mobile telephone numbers will be given on the map.
8. Individual mile markers will be situated around the course
9. All finishers will receive a medal.

## SUGGESTED 10 WEEK LEAD-IN TRAINING PROGRAMME

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	2 miles - steady pace	Relax & stretch	2 miles	Relax & stretch	2 miles	Relax & stretch	2 miles	8
2	Relax & stretch	3 miles - picking up the	Any other activity	3 miles	Relax & stretch	Relax & stretch	3 miles - distance	9
3	Relax & stretch	3 miles - increasing	Any other activity	3 miles	Relax & stretch	4 miles	Relax & stretch	10
4	6 miles - go the distance	Relax & stretch	3 miles - increase the	Any other activity	3 miles	Relax & stretch	Any other activity	12
5	6 miles - strengthening	Any other activity for a	4 miles - pick up the pace	Relax & stretch	4 miles	Any other activity	Relax & stretch	14
6	6 miles - strengthening	Relax & stretch	3miles - speed	Any other activity	3 miles - try intervals	Relax & stretch	4miles - try speed/distance	16
7	Relax & stretch	3 miles - speed	Any other activity for a	3 miles - speed	Relax & stretch	4 miles - intervals	Any other activity	10
8	10 miles- strengthening	Any other activity for a	4 miles - speed	Relax & stretch	4 miles - speed	Any other activity	Relax & stretch	18
9	8 miles speed - The long one!	Relax & stretch	Relax & stretch	3 miles - speed	Any other activity for a	Relax & stretch	3 miles - speed	14
10	Relax & stretch	3 miles - speed	Relax & stretch	3 miles - speed	Relax & stretch	Relax & Stretch	<b>THE BIG DAY</b>	6 + 14!!!

### How does it work?

#### Week 1 and 2

Get used to walking regularly. If you are new to walking or getting fit, pace yourself and feel an increase in your heart rate but don't do too much too soon ...

#### Week 3 & 4

You will begin to feel that you have more energy by now, so start introducing other activities and really feel your muscle tone and energy develop.

#### Week 5 & 6

Now you're walking - pick up the pace; short walks to increase speed, long walk to increase stamina.

**Remember, whatever other activity or exercise you do, nothing replaces walking!**